

Aromatherapy Hand or Foot Treatment with Paraffin

PRODUCTS NEEDED

- Lotus Touch Essential Oil blend
- Paraffin heating unit and wax
- Paraffin foot booties or hand mittens
- Lotus Touch Renewal Complex for Hands and Body
- Lotus Touch Renewal Complex for Foot and Leg
- Lotus Touch Ayurvedic Sea Salts
- Paraffin foot or hand liners

PREPARATION

- Mix 10-12 drops of Lotus Touch Essential Oil blend in paraffin wax.
- Add 8-10 drops of Lotus Touch Essential Oil blend and 1 cup of Lotus Touch Ayurvedic Sea Salts to 1 gallon of warm water in foot or hand bath.

PROCEDURE

- Step 1** Escort client to treatment area and explain treatment procedure. Contraindications should be stated, even with repeat clients. Soak hands or feet in prepared bath for 10 minutes and towel dry.
- Step 2** Dip hands or feet in prepared paraffin wax three times each. Cover each hand or foot with paraffin liner and paraffin bootie or mitten. Let paraffin sit for 10 minutes. Remove booties or mittens and liners.
- Step 3** Begin to remove paraffin. To do this, simply peel product off of hands or feet.
- Step 4** Discard paraffin in wastebasket.
- Step 5** Finish treatment with hand or foot massage using Lotus Touch Renewal Complex for Hands and Body or Renewal Complex for Foot and Leg.

TIMING (approx.)

10 minutes preparation, 10 minutes exfoliating bath, 10 minutes wrap, 20 minutes massage, 10 minutes clean-up, Total 60 minutes

TREATMENT COMBOS

Combine with any Lotus Touch body treatment

CONTRAINDICATIONS

- Any active skin disease
- Do not use on open wounds

Any Lotus Touch Wrap treatment may be used on the feet or hands using paraffin liners and booties or mittens in place of mylar or plastic sheet and liners.