

Aromatherapy Paraffin Body Wrap

PRODUCTS NEEDED

- Lotus Touch Essential Oil Blend
- Natural bristle body treatment brush
- Linen sheet
- Paraffin heating unit and wax
- Mylar foil or plastic body sheet
- 2 blankets

PREPARATION

- Prepare table first with blankets, linen sheet, mylar foil or plastic body sheet or body towel
- Mix 10-12 drops Lotus Touch Essential Oil Blend in paraffin

PROCEDURE

- Step 1** Client showers. Client may wear bathing suit or spa disposable.
- Step 2** Escort the client to the treatment room and explain treatment procedure. Contraindications should be stated, even with repeat clients.
- Step 3** Client lies prone on the table, under body towel.
- Step 4** Drape client. Expose only part of body being worked on.
- Step 5** Apply paraffin using a painting method with a natural bristle treatment brush or large sheets of muslin cloth. Begin with the back and continue with arms and legs. Brush strokes should be long and consistent. Two layers are recommended.
- Step 6** After the back of the body has been painted, have client turn over. Again, drape client in preparation for treatment.
- Step 7** Repeat step 5, beginning with arms and legs and finishing with chest and abdomen.
- Step 8** After product is applied to entire body, have client position themselves to achieve most comfort. Remove any towels used for draping. Wrap mylar foil or plastic body sheet around client and continue to wrap linen sheet and blankets. A cool towel infused with Lotus Touch Essential Oil Blend may be placed on client's forehead.
- Step 9** Leave client wrapped for 20 minutes. Aromatherapy scalp or foot treatment may be done while client is wrapped.
- Step 10** Stay with client during entire treatment.
- Step 11** Unwrap client and remove foil or plastic sheet from table. Re-drape client with body towel.
- Step 12** Begin to remove paraffin. Simply peel product off of client. Discard in waste basket.
- Step 13** Re-check entire body for remaining paraffin particles.
- Step 14** Assist client to a sitting position for 1-2 minutes to establish body equilibrium, then help client stand.
- Step 15** Recommend at-home bath/soak, skin smoothing and body moisturizing treatments. Re-book.

TIMING (approx.) 10 min. preparation, 10 min. application, 20 min. wrap, 10 min. Vichy shower (optional), 10 min. product removal, 10 min. clean-up, Total 70 min.

CHECK CONTRAINDICATIONS See Body Wraps Explained

TREATMENT COMBOS

- Exfoliation before treatment.
- Massage after treatment.

A massage is a perfect finish to this treatment. Place a dry, clean linen sheet over client and proceed with massage treatment using Lotus Touch Hydrating Rich Lotion. Several styles of Paraffin application brushes are available. The New Life Systems Buyer's Guide will help you select the one best for you. A rolled up towel is perfect as an under knee or neck support before the client is wrapped.