

PRODUCTS NEEDED

Customize individual treatment using one of the following Lotus Touch herbal blends.

- Detoxifying blend
- Soothing blend
- Rejuvenating blend
- Muslin soaking bag

PREPARATION

Fill tub at appropriate water temperature and add 2 cups of selected herbal blends to muslin bag. Seal and place muslin bag in tub. Squeeze bag several times to moisten and activate the herbs.

PROCEDURE

- Step 1** Client undresses and showers. Client may wear bathing suit or spa disposable.
- Step 2** Escort the client to the tub room and explain treatment procedure. Contraindications should be stated, even with repeat clients.
- Step 3** Client enters the tub with the help of the technician.
- Step 4** Help client get comfortably seated and make any necessary adjustments to water temperature or body placement.
- Step 5** Turn on air and/or water jets according to the manufacturer's directions. If a standard tub is being used, provide the client with a head pillow and be sure water is covering as much of the body as possible so there is complete immersion.
- Step 6** Treatment continues as technician checks with client every 5 minutes. Technician should also provide drinking water to client during entire treatment. A cool towel may also be provided for the face. Soak the cool towel for the face in Lotus Touch Lavender, Rose or appropriate Lotus Touch Essential Oil Blend.
- Step 7** When the bath is complete, turn all water and/or air jets off and assist client slowly into a seated position on the edge of the tub. Check with client for any sign of light-headedness or discomfort. When client is ready, exit tub to a bench where he/she may dry off and put a robe on. Technician should stay with client the entire time and escort client out of tub room to a cool down area where drinking water will again be provided for client. Cool down for 5-10 minutes before continuing with any other treatments.
- Step 8** Recommend at-home maintenance. Re-book.

TIMING (approx.) 15 min. to fill and prepare tub, 30 min. for treatment, 5 min. for client assistance, 15 min. to drain and clean tub, Total 65 min.

TREATMENT COMBOS

- Salt Glow before treatment
- Massage or facial after treatment

CONTRAINDICATIONS

See Hydrotherapy explained

Appeal to your client's five senses to increase the overall wellness of the treatment. Relaxing music, flavored water to drink, soft towels and robes, pleasant sights and the aroma of your bath herbs and oils. Make all of your treatments total sensory experiences. Excellent for a pre-pedicure soak. Just use half the amount in your pedicure spa. A treat for the feet.