

## Cold Stones and Aromatherapy Solution for Allergy Relief

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Do you have clients who suffer with allergy sinus pain, pressure and headaches? Here's how pressure point massage, cold stones and aromatherapy can help.

Millions of people suffer every year from Environmental agitation and Food allergies. It is a debilitating problem for many causing loss of work, time with family or being able to function normally. A sinus headache can be severe enough to limit or impair normal activity and pain may be intensified by physical exertion.

Common areas for Pain:

Sinus areas

Forehead

Behind the eyes

Facial pressure and swelling

There is a cutting edge cold stone and aromatherapy solution that is revolutionizing the industry and helping to alleviate allergy and migraine pain, while building repeat business and being profitable for the therapist, spa or spa practitioner.

It is a 3 part approach that takes approximately 30 minutes to perform, with specific headache point releases, essential oils (aromatherapy) applied to the face and pulse points, along with the use of specially designed and crafted cold marble stones placed in strategic areas to reduce the inflammation.

The first step in stopping an allergy headache or sinus pain is to calm the client, and the best way to do that quickly is with aromatherapy. Have the client inhale separately from the Environment Blend, which includes essential oils of roman chamomile, lavender, peppermint and rosemary and the Food Allergy Blend, which includes essential oils of lemon, peppermint, basil and fennel.

The blend that the client enjoys the most or brings comfort, is the one to use. This usually helps to understand what is irritating them. The brain knows what it needs to become balanced physiologically. If they like both blends, use both at the same time. They may have more than one irritant that is causing the sinus pain and headache.

Once your client is lying down, apply the chosen essential oils across their forehead, sinus (beside the nostrils), carotids, above the lips and inside wrists. Just simply breathing in the aromatherapy will affect the brain within seconds, calming and bringing comfort.

After applying the oil(s) the practitioner will want to perform a series of headache point release techniques to help the client reach a calmer state. You do not want to increase blood flow to the neck and head, as doing so may accelerate the pain and pressure.

By using your two middle fingers, press underneath the clients orbital ridge (eyebrow bone), and pull the bone back towards you, and hold for 20 seconds. This is what's called the sinus frontalis release point.

Next, using the same middle fingers, press down towards the table, at the sinus points (beside both nostrils) for 20 seconds. This will help relieve the sinus pain and pressure.

Next, do 10 circular massage movements at the same sinus points. This will help to break up and loosen mucus. After completing the circles, use your fingers and strip across the cheekbones 4 times from the nostrils to the ears (our natural drains). This greatly relieves sinus pain and mucus pressure.

I suggest the following aromatherapy techniques using your same middle fingers:

1. Forehead Thumb strip: using the flats of your thumbs just above eyebrows, press in deeply, pull up the fascia and then strip across towards the temple. Move up slightly, pull up and strip out. Keep moving up till you are at the hairline. Repeat.
2. Middle Finger Pull-Up: using your middle fingertips (one on top of the other) just above the right outer edge of one eyebrow, deeply and slowly strip up towards hairline. Continue this stripping straight up and across the entire forehead. Repeat.
3. Forehead Criss-cross: start at center just above the eyebrow. With your middle fingers, crisscross the fascia tightly together, moving up to hairline. Then start above the right eyebrow and crisscross up to hairline. Back to center and crisscross up, then above the left eyebrow and crisscross up.
4. Forehead Lift: place the palms of your hands (one on top of the other) at the bridge of the nose, and lift deeply and slowly the entire forehead fascia up towards the hairline. Do 4 times.
5. To re-activate the aromatherapy, massage the temples, sinus points, carotids and wrists gently in circles 4 times.

Lastly and most enjoyed by migraine sufferers, is to apply the cold marble stones to specific headache points. The stones need to be at 36 degrees in order to reduce the inflammation to the sinus and head. This can be achieved either by keeping the stones in the refrigerator before use or placing them in a metal pan or bowl on top of a washcloth. Then put in 50% ice and 50% cold water to completely cover the stones about 30 minutes before the client arrives. This will be the perfect temperature for reducing the mucus, swelling, pressure and pain that allergies can bring. They will love the absolute immediate relief it can bring to those swollen sinus, eyes, temples and head. There are 12 marble stones and each one has a specific shape, job and placement. I suggest this sequence:

1. Begin placement of the marble stones. Dry each stone with a towel before placing on the face and head.
2. Take out one facial oval stone at a time (there are 6).
3. First oval is placed on center of forehead just above the eyebrows. Second is placed to the right of the center stone above the right eyebrow and a third to the left of the center stone above the left eyebrow. If it is too intense, take off the stone(s) and place in the palms of your hands for 15 seconds and then replace.

4. Place an oval stone at both sinus points (beside each nostril).
5. The last one lies on the chin horizontally. Be sure it is not touching on the lower lip.
6. Place two small eye half-moon stones on each eyelid or just underneath the eyes (for swollen painful eye area), balancing on the bridge of the nose.
7. Take out two temple round stones. Using your fingertips, gently and slowly touch the temples with the stones resting lightly. If too intense, back away slightly. Hold this for 20-30 seconds. Use these same stones to apply deep pressure all around and into the skull. You can also place the edges of the stones in their ears and pull back with traction. This will help with ear pressure from mucus.
8. Put rounds back in water and get the two large half-moon stones. With one stone in your hand, place it to the occipital ridge, starting on the side that the migraine is on. Add the second half moon stone to the other side and hold both to the occiput for up to 1 minute. Then traction the occiput and neck by pulling back towards you, with the marble stones for another 20 seconds.
9. Bring out the rounds again and repeat at each position.
10. Put the half-moon stones and rounds back in the water to refreeze, about 15 seconds.
11. Get the half-moons again and repeat at the occiput for up to 1 minute.
12. Start removing all the facial stones, one at a time, put back into the water, starting at the chin. Leave the large half- moons at their neck/occiput. Remove the first center oval stone you applied, last.
13. Place a dark colored washcloth in the bowl of water then wring it out. Fold it in thirds and place across the eyes and forehead, pressing gently.
14. Ask your client to breathe in deeply and exhale 2-3 times.
15. Allow them to rest for up to 15 minutes if possible.
16. Remove the washcloth.
17. Remove the large half-moons, put back into the water.
18. Assist your client slowly to a sitting position with complete support at the neck.
19. Wait to be sure they are not light headed before they get off the table.

The treatment is over and so is that allergy pain and headache!

This treatment is very easy on the hands of the practitioner, yet so dramatically effective on the client. After the treatment most clients experience the headache or pain will either be completely gone or at the very least 50% better.

For the 30 minute treatment, spas and practitioners commonly charge between \$50 and \$80. I suggest adding a 15 minute rest time.

**Kelly Lott creator of Migraine Miracle-Cold Stone Therapy for Migraine Headaches, is a leading spokesperson for natural and holistic treatments for migraines and headaches. Kelly was recently voted into the Hall of Fame at the World Massage Festival, and she is a nationwide certified massage instructor through The National Certification Board for Therapeutic Massage and Bodywork. Kelly graduated from the Chicago School of Massage in 1991, and has 24 years of experience in her professional practice.**