

Pepperfit Rescue treatment – Ease aches and pains, restore confidence and support the immune system

When:

1. Rehabilitation treatments - generally on specific areas only.
2. If the client has physically overdone it and needs to ease aches and pains.
3. In the first 48 hours of rehabilitation when it is not appropriate to massage. Gently apply Rescue Muscle Gel or Rescue Body & Massage oil as often as required (not on broken skin), in conjunction with cryotherapy (ice) and strapping.

Start and finish treatment	With an application of Rescue Instant to wrist pulse points to soothe, comfort and ease tension
Body:	Apply Rescue muscle gel to affected area and allow to absorb. The natural therapeutic ingredients of Rescue will be accelerated into the skin by the Aloe Vera gel base. Once absorbed, this is a perfect medium for myofascial release. Follow with an application of Rescue Body & Massage oil for a light and easily absorbed massage medium (note: we use "dry" oils to ensure clients are not left with a sticky residue).
Hands and feet	Use Rescue Multi Balm for a protective, nourishing massage medium. Tips: <ol style="list-style-type: none"> 1. To refresh tired and aching feet, apply Rescue muscle gel* to ease aches and pains, cool and soothe, followed by Rescue Multi Balm to protect and nourish. 2. If hands or feet need washing prior to treatment, use Zest wash. <p>*contains Aloe Vera which has been used in the treatment fungal infections such as athlete's foot.</p>
Senses:	
Room fragrance	Create a vibrant and energised environment by warming a few drops of Boost Room Fragrance on an electric fragancer. Alternatively use on a candle fragancer by adding a few drops to 2 tablespoons of water contained in the saucer. Tip: Fragrance has a major effect on our physiology; using Rescue products in rehabilitation treatments and recommending their use for home treatment may encourage the client to fulfil their self-help recommendations more successfully (massage/ exercise/ stretches) thereby aiding recovery.
Client recommendations:	If your client suffers from aches and pains, is undergoing rehabilitation or is lacking in confidence after physical trauma, recommend any single or combination of Rescue applications to suit their individual regime. Choose from:
Body & Massage oil 200ml/100ml	Fulfil home massage recommendations between treatments or as a daily therapeutic moisturiser (may be applied on dry or damp skin)
Muscle Gel 125ml	A cooling and soothing application of the Rescue's therapeutic essential oils and arnica - to ease aches and pains. Use several times a day as necessary to cool and ease discomfort. May be used in conjunction with myofascial release foam roller exercises.
Bath & shower oil 50ml	Use a capful in daily shower or bath to ease aches and pains and restore confidence. Moisturises and restores. May also be used as a restorative foot or hand bath (use ¼ capful).
Instant	Apply to joints or pulse points as a local application to ease aches and pains and restore – keep in the car, on the desk or in kit bags for an Instant Rescue!
Rescue Multi Balm	A handy sized massage medium, anti-chafe formula, or natural skin protection application to moisturise and soothe areas of dry skin at the same time as easing aches and pains

Rescue may be combined with all products from the Pepperfit range. For products mentioned above from other ranges please see specific range treatment notes.

Did you know Rescue may be applied as often as required within the first 48 hours of recovery.