



# Muscle & Joint Herbal Compress Therapy Enhancement

Cost Per Treatment: **\$0.27**

Time: **15-20 minutes**

What to Charge: **\$25**

Steamy aromatic body compresses provide targeted relaxation for overworked clients. Potent arnica delivers soothing support, while the senses delight in a blend of rosemary, orange peel, and eucalyptus.

## What You'll Need:

- Kneipp Arnica Joint & Muscle Bath Oil Professional Pack (4-pack provides a total of 13.5 fl. oz.) / KN116P

## What They'll Want:

- Kneipp Arnica Joint & Muscle Bath Oil (3.38 fl. oz.) / KN116



### What to Do:

1. For each hand towel used, add 2 drops of Joint & Muscle Bath Oil to a basin. Add just enough hot water to saturate hand towels.
2. Lightly wring excess moisture from towels, and place in a hot cabi to keep warm until ready for use.
3. Apply hand towels to indicated areas, folded in half for two layers of heat.
4. Top with a dry towel and let penetrate until towels lose heat. **Especially delightful when wrapped around sore feet!**
5. For best results, client should take home Arnica Joint & Muscle Bath Oil and use weekly during at-home baths.

