

Giving the Waters™

give, receive, renew, the waters...

Hydro-Kinetic Vichy Shower Guidelines and Usage Instructions



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Table of Contents

Giving the Waters	3
The 10 Domains of Spa	4
Creating Your Wet Room Suite	5
Potential Benefits of Hydro-Kinetic Vichy Treatments	6
Optimizing and Learning To Use the Vichy Shower.....	7
Clean-up	7
Cleansing Product Overview	8
Introduction To Cleansing Body Polish and Scrub	9
Procedure: Exfoliation Body Polish in the Wet Room Environment	10
Introduction to Traditional Salt Glow	12
Procedure: Traditional Salt Glow in the Wet Room Environment	13
Introduction to Full Body Masque	15
Procedure: Full Body Masque in the Wet Room Environment	17
Hydrotherapy Temperature Ranges For the Body	20
Physiological Responses To Applied Heat	21
Physiological Responses To Applied Cold	22

Giving the Waters™

Your touch is making a difference in the world. Promoting the healing and rejuvenating power of touch through your work is something we cherish. Through these instructions, we hope to help you move your business forward into an even more healthy, enjoyable and profitable way of life.

TouchAmerica's commitment is to facilitate transformation by returning to the roots of spa knowledge, and integrating it with today's most advanced information concerning health and wellness.

On your honor:

According to copyright laws, please do not copy or distribute without permission. Thank you.

THE 10 DOMAINS OF SPA

1. The Waters
2. Foods: Diet and nutrition
3. The Body: Exercise, fitness and movement
4. Massage and Touch
5. Mind Body Environment
6. Natural Agents, aesthetics and skincare
7. Climatology and Global Ecology
8. Social/ Cultural: Community
9. Management: Bringing it all together
10. Time, Rhythms and Cycles

Creating Your Wet Room Suite

Wet Room Check List:

- _____ Room Size: 8 X 12 feet minimum size
- _____ Tiled room - tile reaching four to six feet high
- _____ Sloped floor
- _____ Drain under the wet table for attachment of outlet hose
- _____ Infrared Lamps in ceiling
- _____ Adequate water pressure: 45 psi
- _____ Gas Water Heater

Hydro-Kinetic Vichy Shower Water Requirements:

- _____ Mixing valve water usage: 17 gpm @ 45 psi
- _____ Supply lines: ¾"
- _____ Hot Water recovery: High recovery
(Allows for 19 minutes of continuous use of all 8 showerheads per hour; more frequent use may require more hot water)
- _____ Water pressure: 45 psi

Wet Room Equipment Should Include:

- _____ Wet Spa Table (pedestal option ideal)
- _____ Hydro-Kinetic Vichy Shower
- _____ Wet mat in front of table where client and therapist walk, ideally surrounding table
- _____ Massage Top Converter Mat and FaceSpace for optimal booking flexibility
- _____ Infrared Lamp (optional): must be on a ground-fault circuit
- _____ TouchAmerica's Timbale Cart or product tray
- _____ Waste receptacle

Wet Room Accessories Should Include:

- _____ Thermal plastic wrap or Mylar®
- _____ Wrap system including wrapping blanket, thermal space blanket
- _____ Wet Bolster
- _____ Spatula
- _____ Whisk
- _____ Spa Mixing Bowls
- _____ Table Sanitation Products
- _____ Towels, hand and bath

Potential Benefits of Hydro-Kinetic Vichy Treatments

1. Cleansing: Aids the client in preparing for renewal and regeneration
2. General relaxation and enjoyment
3. De-stressing the body and mind with water
4. Toning of the skin
5. Improves circulation
6. Enhances other services, including the removal of product

Use in conjunction with the following treatments:

- Body Polishes and Scrubs
- Salt Glows
- Full Body Masques and Wraps
- Water massage
- Contrast Therapies

General temperature adjustments as a tool for treatment variations:

Sedating and Relaxing:

Neutral Temperature: 97 to 102 F degrees

Cleansing and Detoxifying Treatments

Hot Temperature:

100 to 110 degrees: meet client's tolerance.

Toning and Stimulating

Use alternating hot and cold water. Begin at suitable hot temperature, then quickly decrease to 90 degrees.

Remain constantly sensitive to client's temperature tolerances. Water temperature change is repeated three to four times. Start at 100 degrees and gradually increase over 2-3 minutes to 110 degrees. Stay at that temperature for about a minute, and then lower to 90 degrees. Stay at the lower temperature for about a minute, or until it is uncomfortable for the client. Ratio is usually about four minutes to one minute, hot to cold.

Combine with cellulite treatments for optimum results.

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Optimizing and Learning to Use the Vichy Shower

1. Test water temperature to make sure it is ready when the client comes in the room. In some facilities, it may take a few minutes for the water heater to get going, especially if it is the first treatment of the day.
2. After the water is heated, turn all of the showerhead nozzles OFF (counter clockwise).
3. Before using the Hydro-Kinetic Vichy Shower, and usually after some application of product, check water temperature again with hand held nozzle before you turn the Hydro-Kinetic Vichy Shower on over the client.
4. When turning the Hydro-Kinetic Vichy Shower on, open nozzles in order from feet to head. This gradual beginning gives the client time to adjust to the pressure and temperature of the water. Aim showerheads toward shoulders, lumbar and foot/calf areas, if clients is facing down, or lower legs, abdominal and chest area, if client is facing up.
5. Therapist can adjust nozzles and rotate showerheads to give client an invigorating hydro-massage.
6. Near the end of the treatment, if client receives a warm hydro-massage, this will also serve to wash any remaining product off the client.
7. Hydro-Kinetic Vichy Shower can be pushed out of the way when not in use.

Cleanup:

- Make sure you let the showerheads drain completely, then close the shutoff valves.
- Wipe down any products that may have gotten on the handheld shower or the showerheads.
- Wet Spa Table should be wiped down with a mild disinfectant after each treatment. Wipe Closed-Cell Pad with gentle soap and water only; harsh abrasives will destroy it.
- Dry treatment room floor to an adequate level for you and your next client's safety.

Cleansing Product Overview

The following product recipes are for cleansing treatments, such as salt glows and body polishes, that can be used in combination with the wet room. We have found that some people prefer the stimulating and invigorating feel of a salt glow while others prefer a gentler body polish.

Preparing products needed for the Salt Glow:

Salt Glow

- Products needed
1. 3-8 drops of essential oil blend
 2. 2/3 cup Salt
 3. 1 Tbs. Oil
 4. 2 Tbs. Body Cleanser (optional)
 5. 2 Tbs. of Moisturizer

Mix salt with oil, add 3 to 8 drops of pure essential oil blend, mix. Add a splash of water to adjust consistency if necessary. Mixture should be loose but hang together.

Preparing products needed for a Body Polish

1. 3-8 drops of essential oil blend for body
2. 2 Tbs. Body Polish
3. 2 Tbs. Body Cleanser
4. 2 Tbs. of Moisturizer

Add 3 –8 drops of essential oil blend to exfoliating agent (Body Polish) and 3 to 8 drops of essential oil blend to the Body Cleanser.

Introduction To Cleansing/ Body Polish and Scrub

Exfoliation treatments are used to remove dead skin cells from the body and leave the skin looking and feeling fresh, smooth, clean, and "polished." These treatments are also called body polishes or scrubs. Exfoliation is the process of removing dead skin cells, dirt and debris from the skin by rubbing, scrubbing or polishing. It allows the skin to accept more readily moisturizers, nutrients and treatments designed to improve the skin texture and the inner skin function.

A body polish or scrub is a three-step procedure, which includes 1) the application of a gentle exfoliant or polish, 2) cleansing with body soap and 3) an application of an emollient moisturizer.

A fully functioning wet room is recommended for exfoliating treatments

Equipment required:

Wet Spa Table (pedestal option ideal)
Hydro-Kinetic Vichy Shower (optional, but ideal)
Infrared Lights in the ceiling
Wet mat surrounding table or non-slip flooring
Roll about cart or product tray

Accessories needed:

One piece of thermal plastic wrap- 6 ft.
Flex bowl
Loofah (optional)
2 Hand towels
3 Bath towels
Fitted sheet
Waste receptacle
Towel Hamper

Treatment Time:

30 minutes including table set up and cleanup
60 minutes with Hydro-Kinetic shower

Procedure: Exfoliation Body Polish in the Wet Room

1. Place fitted sheet or one towel on treatment surface for the body and a hand towel at the top for the head. Cover with plastic thermal wrap.
2. Client lies face down and is draped.
3. Use the handheld sprayer to sprinkle warm water on the client's backside including torso, legs and feet. The draping towel may be dampened to keep the client warm.
4. Apply a quarter-sized dab of exfoliant (scrub or polish) with the palm of your hand or the soft side of a loofah, starting at the foot and moving up the leg and back. Use circular motions to avoid stretching tissues.
5. Rinse the back of body down with the hand held sprayer. Make sure the water is warm; your client may be chilled.
6. Next, apply the body bath with warm water and your hand or a loofah, again using circular motions going up the back of the body.
7. Rinse the back of body down again with hand held sprayer.
8. Turn on Hydro-Kinetic Vichy Shower to rinse, warm and invigorate the client. Important: if your wet table is motorized remember to adjust the table height to maximize the treatment. Follow standard operating directions. Treatment should last approximately three minutes.
9. Brush any excess water to the sides so that it can drain.
10. Ask client to turn over into supine position, draping appropriately. Repeat exfoliating and cleansing procedure on front of body- feet, legs, arms, shoulders and abdomen, stopping at base of neck. Never apply body exfoliating products to the face, since they are too powerful for this sensitive area.
11. Set Hydro-Kinetic Shower in place, adjust table. Note: An extra towel compress can be placed on face to avoid any splashing. Turn shower on according to standard directions. Treatment time is approximately three minutes.
12. After Hydro-Kinetic treatment, swing Rainbar out of the way. Remove wet towel and replace with dry towel, per draping procedures.
13. Roll thermal plastic wrap up and tuck in the groove between the table and mat. Client will now be lying on a dry surface.

14. Pat client's skin dry to remove excess moisture.
15. Apply finishing lotion/cream application to front of the body; lifting each leg to cover the back of the leg and the gluteus maximus. Application strokes should move upward towards the heart. Next, instruct client to hold their drape in place, and help them client sit up, with legs over the side of the table. Finish applying the lotion or cream to the back of the body.
16. Adjust pedestal table, and help client carefully get off the table. A towel should be placed under the feet, if the floor is damp

Introduction To Traditional Salt Glow

The names "salt glow" and "spa glow" are both used to describe this treatment, which utilizes Dead Sea Salts from the Dead Sea in Israel. It is generally understood that the mineral salts from the Dead Sea help relieve minor aches and pains, nervous stress, and psoriatic skin. Salts should never be used on open wounds or skin lesions; or used on very sensitive skin. With ten times the mineral content of seawater, salts offer high concentrations of minerals.

Dead Sea Salts:

- Magnesium Chloride: for fluid retention & stress.
- Potassium Chloride: indispensable for athletes.
- Calcium: to fight water retention and aid in pain relief.

Ocean Salts:

- Sodium Sesquicarbonate: softens skin
- Sodium Bicarbonate: pulls toxins from the skin, aids in pain relief
- Magnesium Sulfate: increases circulation and removes toxins

A fully functioning wet room is recommended for salt glow treatments

Equipment required:

Wet Spa Table (pedestal option ideal)
Hydro-Kinetic Vichy Shower (optional)
Infrared Lamp (optional)- must be on a ground fault circuit
Wet mat surrounding table or non-slip floor mat
Roll about cart or product tray

Accessories needed:

One piece of thermal plastic wrap- 6 ft.
Flex bowl
Loofah
2 Hand towels
3 Bath towels
Fitted sheet
Waste Container

Treatment Time:

30 minutes including table set up and cleanup

60 minutes with Hydro-Kinetic shower

Note: Salt glows can be performed in a dry massage room, but they are very messy. We suggest that you use products designed for the dry room in your massage rooms, and save the salt for the wet room.

Procedure: Traditional Salt Glow in the Wet Room

1. Place a sheet or one towel on treatment surface for the body and a hand towel at the top for the head. Cover with thermal wrap.
2. Client lies face down and is draped.
3. Use the handheld sprayer to sprinkle warm water on the client's backside including torso, legs and feet. The draping towel can be dampened to keep the client warm.
4. Apply the salt mixture with a vigorous circular motion to the back of the body. Start at the feet, moving up the legs to the back. Circular motions are critical to avoid stretching the tissues.
5. Rinse the back of body down with the handheld sprayer. Make sure the water is warm; your client may be chilled.
6. Turn on Hydro-Kinetic Vichy Shower to rinse, warm and invigorate the client. Important: remember to adjust pedestal table to maximize the treatment. Follow standard operating directions. Treatment should last approximately three minutes.
7. After treatment, brush any excess water to the sides so that water can drain.
8. Ask client to turn over into supine position, drape appropriately.
9. Repeat salt glow procedure on front of body—going from feet, legs, arms, shoulders and abdomen, stopping at the base of the neck. Never apply salt to face.
10. Set Hydro-Kinetic Vichy Shower in place, and adjust table. Note: an extra towel compress can be placed on the face to avoid any splashing. Turn shower on according to standard directions. Treatment time is approximately three minutes.
11. After Hydro-Kinetic treatment, swing Rainbar out of the way. Remove wet towel and replace with dry towel.
12. Roll thermal plastic wrap up and tuck in the groove between the table and mat. Client will now be lying on a dry surface.
13. Pat client's skin dry to remove excess moisture.
14. Apply finishing lotion/cream application to front of the body; lifting each leg to cover the back of the leg and the gluteus maximus. Application strokes

should move upward towards the heart. Next, instruct client to hold their drape in place, and help them client sit up, with legs over the side of the table. Finish applying the lotion or cream to the back of the body.

15. Lower pedestal table if available, help client carefully get off the table. A towel should be placed under the feet if the floor is damp.

Introduction To Full Body Masque

This relaxing treatment revitalizes the body and re-mineralizes the skin using nature's most exquisite yet basic products. These include muds, seaweeds, spirulina, and some clays. This full body masque encloses the client completely in a nourishing cocoon for a luxurious, meditative experience. The natural agent is removed and a re-moisturizing application of a finishing lotion or cream is used to complete the treatment.

Wet Room equipment should includes:

Wet Spa Table (pedestal option ideal)
Hydro-Kinetic Vichy Shower (optional but ideal)
Wet mat around table or non-slip flooring
Infrared Lamp (optional)- must be on a ground fault circuit
Roll about cart or product tray

Accessories needed:

- Washable Wool Blanket
- Thermal Space Blanket, keep two in the room to accommodate clients of size
- Full Length Bolster
- Flex Bowls - 2 ideal
- Two pieces of thermal plastic wrap or Mylar® sheeting- 6 feet each
- Loofah can be used for easier natural agent removal
- 1 latex glove
- 4 hand towels, 4 bath towels, 1 fitted wet sheet can replace a hand towel and bath towel
- Bin for wet towels
- Waste container

Products needed for treatment:

Products required for most body masques include:

1. 1/3 cup to 2/3 cup natural agent (Moor Mud, Algae, Spirulina, Clay)
2. Essential Oils
3. Finishing Lotion or Cream

Examples of product combinations are as follows:

Exfoliating and Mineralizing Moor Mud Body Masque:

1. 1/3 to 2/3 cup Moor Mud
2. 4 drops pure essential oil
3. 2 Tbs. moisturizer

Detoxifying Seaweed Body Masque:

1. 2/3 cup Algae (e.g. Digitata Laminaria and Lithotanium Calcarium)
2. 4 drops pure essential oil
3. 2 Tbs. moisturizer

Nourishing Spirulina Body Masque:

1. 1/2 to 2/3 cup Spirulina
2. 4 drops pure essential oil
3. 2 Tbs. moisturizer

Purifying Clay Body Masque:

1. 1/3 to 2/3 cup Clay
2. 4 drops pure essential oil
3. 2 Tbs. moisturizer

Treatment Time: 60 to 90 minutes

Procedure: Full Body Masque In the Wet Room Environment

Prepare your room for the client

1. Begin warming natural agents to body temperature in a TouchAmerica Hot Towel Cabi or according to facility procedures. **DO NOT USE THE MICROWAVE.** Remember to add essential oils later.
2. Set table up. Layer in the following order:
 - Bath towel and hand towel, or fitted sheet
 - Thermal Wrap (Mylar® is too expensive for this layer)
 - Wool Blanket
 - Bath towel at head of table, use folding technique for cocoon wrap
 - Optional: hand towel for head wrap
 - Thermal space blanket
 - Thermal plastic wrap or Mylar®
 - Bath Towel for draping
3. Prepare and measure remaining ingredients and place on work tray. Remember to customize with essential oils at this point. Have towels easily accessible.

Client Preparation:

4. Guide client from steam, shower or sauna. This raises the client's core body temperature, making the treatment more effective. However, it is optional. Lower the Pedestal Wet Spa Table for easy client entry. For added service, place a towel where the client sits on the table. Another towel can be placed on the floor as well if it is damp or cold. Drape client.
5. Ask client to sit on side of table, holding towel up as a drape.

Natural Agent Application

6. To minimize moving, as the client is sitting on table, apply warm product to back of body with one hand in the latex glove. Have client lie down and continue applying product to shoulders and arm. Loosely wrap with thermal wrap to keep client warm. Note: Natural agents can be messy; that's why we recommend you apply it with only one hand. It keeps things neat, keeps one hand clean, and gives you more control. Application of product should be even and smooth with long intentional strokes.
7. Raise knee to triangular position, anchor leg with one hand while applying product to the top and bottom of the leg. Bring the leg down onto the table

and cover with thermal wrap. Do the same with the other leg. Note: Take care to cover most of the body, especially the torso and the back. Do not worry if you miss a spot.

8. With your clean hand apply a breast drape for females and place modesty drape as shown in class for maximum product coverage. Apply product to abdomen in gentle clockwise circular strokes. Next apply products to the décolleté area and arms (avoid the breast area).

Wrapping Procedure:

9. After the client is completely covered in the product, begin the cocoon wrapping procedure. Wrapping the body correctly is very important. Air pockets and drafts should be eliminated to keep the client warm and ensure the product does not dry out. Make sure thermal wrap is securely tucked around legs and around the shoulders, as these are the major heat loss areas. Remember: Tuck and fold.
10. Next, wrap, tuck and fold space blanket. Enclose head in cocoon wrap and finish with remaining wool blankets layers. Neatness counts! Client should remain in the cocoon wrap for approximately 18 to 20 minutes. Note: For large clients, an extra piece of thermal wrap or towel can be placed around the client before finishing with the wool blanket.

When adding a facial: If a client is receiving a facial masque procedure, remember to make sure head wrap is in place before cocooning the head. Cocoon wrap can be loosened if you are giving a facial.

11. A full-length, Wet Bolster should always be placed under the knees for wraps as this relieves tension on the lower back when lying supine. Relaxation for the client can be aided by: low lights, soft music, a room temperature facial compress or an aromatherapy diffuser. A facial masque or aromatherapy massage with steam towel is an excellent addition to this treatment.

Unwrapping procedures:

12. After client has been wrapped for 20 minutes, place towel for draping on top wool blanket, remove bolster and unwrap wool blanket and space blankets. This takes a little practice. Loosen wool blanket and thermal blanket to prepare for backward tootsie roll. Have client sit up and roll wool blanket and thermal space blanket out from under client. (Remember space blanket wraps around wool blanket). Have client lay down with draping towel in place. Remove thermal plastic wrap using side-to-side procedure. Have client turn onto their stomach to prepare for Hydro-Kinetic Shower rinsing.

Rinsing Procedures:

13. Rinse the back of body down with the hand held sprayer. Make sure water is warm before you start. The client can get chilled at this point.
14. Turn on Hydro-Kinetic Vichy Shower to rinse, warm and invigorate the client. Important: Remember to adjust Pedestal table to maximize the treatment. Follow standard operating directions. Treatment should last approximately three minutes.
15. After treatment, brush any excess water to the sides of the table so that water can drain.
16. Ask client to turn over into supine position, drape appropriately.
17. Set Hydro-Kinetic Shower in place. Note: Towel compress can be placed on the face to avoid any splashing. Turn shower on according to standard directions. Treatment time is approximately three minutes.
18. After Hydro-Kinetic Vichy treatment, swing Rainbar out of the way. Remove wet towel and replace with dry towel, per draping procedures.
19. Roll thermal plastic wrap to the side. Client will now be lying on a dry surface.
20. Pat client's skin dry to remove excess moisture.
21. Apply finishing lotion/cream application to front of the body; lifting each leg to cover the back of the leg and the gluteus maximus. Application strokes should move upward towards the heart. Next, instruct client to hold their drape in place, and help them client sit up, with legs over the side of the table. Finish applying the lotion or cream to the back of the body.
22. Lower pedestal table. A towel should be placed under the feet if the floor is damp. Give the client a robe and slippers.

Hydrotherapy: Temperature Ranges for the Body

<u>Description</u>	<u>Range Degrees in F</u>	<u>Comments</u>
Dangerously Hot	125	Can injure tissue
Painfully Hot	111-124	Intolerable
Very hot	105-110	Can tolerate for short period of time
Hot	100-104	Tolerable but skin turns red
Warm	92-100	Comfortable
Neutral	94-97	Average skin temperature
Tepid	80-92	Slightly below skin temperature
Cool	70-80	Produces goose flesh
Cold	55-70	Tolerable, but uncomfortable
Very cold	32-55	Painfully cold

Guidelines for Selecting Hot or Cold

<u>Problem</u>	<u>Response Desired</u>	<u>Heat</u>	<u>Cold</u>
Pain	Analgesia by hyper-stimulation Anesthesia	Yes	Yes
Muscle spasms	Reduce pain by clearing metabolites	Yes	No
Edema	Unclear evidence Acute edema Chronic edema	No? Yes?	Yes? No?
Joint Stiffness	Increased mobility	Yes	No
General stimulant or relaxation	Mild/moderate sensory stimulation	Yes	Yes

Physiological Responses to Applied Heat

Physiological Response	Results	Clinical Significance
Mild heat sensation	Analgesic/sedative	Decreases pain and spasms;
Moderate heat sensation	Autonomic	Aids relaxation
Extreme heat sensation	“Fight or flight” reaction	Invigorating Pain/fear
Changes in skin color	Erythema	Increased blood flow
Increased metabolic rate	Increased healing and waste production	Increases heat production and tissue temperature
Increased blood flow	Increased bleeding	Increased healing
Reflex response	Increased cutaneous blood flow in related areas of the body	Transitory effect
Increased capillary permeability	Increase/decrease in interstitial fluid	Increase/decrease edema
Increased sweating	Increased cooling	Decreases fluid/salt balance in body
Fluctuation in cardiovascular activity	Changes in heart rate & blood pressure	Puts stress on CV system
Increased respiration	Little value in maintaining thermal homeostasis	Indicates heat distress
Decreased joint stiffness	Increase speed & freedom of joint movement	Increases agility
Increased extensibility of non-elastic tissues	Assist in stretching tendons and scar tissue	Increases range of motion
Increased peripheral nerve activity	Increased conduction velocity	Motor function increases

Physiological Responses to Applied Cold

<u>Physiological Response</u>	<u>Results</u>	<u>Clinical Significance</u>
Mild cold sensation	Analgesic/sedative	Decreases pain & spasms & relaxing
Moderate cold sensation	Autonomic	Invigorating & stimulant
Extreme cold sensation	"Fight or flight" response	Pain and fear
Initial vasoconstriction (Superficial)	Decreased superficial bleeding	May not alter or may increase deep blood flow
Secondary vaso-fluctuations	Blood flow varies	Protects tissues from cold injury
Change in skin color	Initial: blanching	Decrease in superficial blood flow
	Secondary: redness	Increases superficial blood flow
Increased blood viscosity	Decreased blood flow	Retards bleeding
Decreased metabolic rate	Decreased inflammation may decrease edema	May retard healing
Rapid muscular contraction (shivering)	Increased metabolic rate	Maintaining thermal homeostasis
Piloerection	Goosebumps	Ineffectual attempt to maintain homeostasis
Decreased extensibility of non-elastic tissue	Decreased ability to stretch tendons & joint capsules	Decreased range of motion
Decreased peripheral nerve activity	Decreased firing & conduction of motor & sensory nerves	May decrease spasticity
Possible decreased temperature of joint tissues & fluids	Increased joint stiffness & decreased activity of fluid enzymes	Decreased speed of joint motion