



Amrit Organic Tressage™

Tressage™ wellness massage incorporates the Body Treatment Ritual with Traditional and Global Massage as a standard massage therapy for the 21st Century and New Spa Culture. It's the perfect American merge into full body health treatment through massage. **Tressage™** means Treatment and Massage.

Tressage™ Treatment Preparation

Prepare your table dressing for massage and invite Client in for Consult. The Consult is then analyzed for allergies and reasons for concerns. Then choose the correct Treatment for the conditions. **Tressage™** treatment Herbs and Amrit Organic Oil are to be mixed very thinly. Mix 1/4 to or ½ teaspoon of **Tressage™ Body Mask Powder** with 1.5 to 2.5 ounces of unscented **Amrit Organic Oils** in a small bowl for the massage plus treatment.

Option: if you are experienced in Aromatherapy Mixology, you can add essential oils. Choose Essential Oils that complement the formula. **Examples:** For Relaxed Warmth add Lavender, Eucalyptus, Chamomile, or Petit Grain / For Golden Purity add Bergamot, Orange, Lime or Orange / For Dead Sea Nutrients use any combination of Essential Oils because it is non-roma.

Note: the more Oil added the thinner and lighter the therapy mix becomes and the easier it is to work with: which this is a lighter version of a full Body scrub, mask, wrap shower or tub and massage treatment. . The more Powder used the thicker the preparation which will turn it into a heavier clay mask. Always start out with small amounts until you get practice for the correct % for your **practice intentions**. **Once mixed you can place the bowl on a circular wrapped warm moist towel to keep the mixture warm for the most pleasant experience.**

Tressage™ Treatment Protocol

Lead the client to the treatment table and have them sit for the anointing the hands and feet with an aromatherapy peace oil and practice an anointing ritual. Anointing is more than a beautiful spiritual practice; it relaxes, clears the mind, and prepares the being for acceptance and a deeper experience. Anoint the wrists into the hands and the same on the feet with the same movements going just above the ankle and down.



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After the anointing is performed have the client lie face down for massage. Begin as normal with the massage modality you have decided for the specific **Tressage™** collection. But instead of using oil or lotion you will start with experience with **Tressage™**. **Your mix is your treatment and massage medium now.**

Apply **Tressage™** with a brush onto the skin or spoon a small amount for the area you are beginning and start with a short but complete but light to medium pressure scrub application technique and then into the massage. If it feels a bit dry and the mix pills it means the powder is too heavy in the mix.

OOPS, if you started without practice just pump oil into your hand and continue to thin it down right on the skin or wet your hands with warm water or an aromatherapy distillate spray and continue. It will blend down unless you were too heavy handed. In that case, take a warm hot towel and place it on the area and go to another area and make the corrections before stating the second area. Then go back, remove the warm towel in a wiping motion and finish the first area.

Now if you still feel a bit of scrub, don't worry by the time you are done it will have melted from the warmth of the client's body, (YES, you must drape the client and if the client is cold have a body towel handy for warmth). At the completion place or hand the client a warm hot towel and explain to them to wipe their hands and feet before leaving the spa room but recommend them to leave the light application oil on their body until their next shower in 24 Hrs. for maximum results.

Clients can shower it off anytime, but note this treatment is designed so you do not have to break the experience and send them to a shower and then have them come back for the massage.

Remember Tressage™ is two treatments in one.

The massage should be conducted for 55 to 60 minutes.

The treatment can end with a warm cup of tea in a relaxation room (optional) and always with at home spa recommendations.



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Contraindications

Herbal allergies (If you're not Sure! Test first with application in the inner arm and forearm), **Pregnancy & Medical Care**, includes taking Homeopathic Medication or having a Severe Disease **Medications and Treatment!** Get the doctor's Permission,

Time Schedule 75 min. to include. Massage and therapy – 60 minutes, 15 min Home Care and Program Discussion.

Tressage™ Relaxed Warmth a gentle exfoliation that melts and leave the skin glowing with vitality. Born from the traditions of Thailand medicinal and beauty rituals. this is truly a wonderful way to balance energies and balance the body's temperature system.

Best massage modalities are Swedish, Shiatsu, Balinese and Deep Tissue with alternating Acupressure

Tressage™ Relaxed Warmth is a must for those who are cold and have poor circulation and blocked internal systems. This is truly a wonderful stress buster because it's botanicals of Ginger properties include detoxification and builds to balance warmth and proper blood flow and lemongrass for it's purifying and appetite improving properties which compliment a sluggish system. New is the addition of Angelica Power adding a wonderful anti-inflammation factor to soothes moods and promote healing with comfort.

Ingredients: Fullers Clay, Bentonite Clay, Herbs of Ginger, Lemongrass and Angelica.

Tressage™ Golden Purity is (The bridal ritual) for infusing beautifying nutrients as it releases cleansing and purifying botanicals and clay. Part of the Lulur Body Scrub and wrap ritual, this mix encourages the system to relax and unblock internal channels of healthy flow.

Highly recommend and works wonders with Swedish, Marma and inter-lace Abhyanga Massage.



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Tressage™ Golden Purity is extraordinary for the wellness seeker who wants to add a whole health treatment to their massage. Because it is part of the Ayurveda Retreat Therapy it can be chosen for everyone. its herbal powers include anti-aging and illness, a great recovery building aromatherapy blend and a skin surface clarification and beautifying result.

Ingredients: Nat. Bentonite Clay, Org. Ground Brown Rice, Org. Turmeric (*Curcuma longa*), Org. Cinnamon (*Cinnamomum zeylanicum*), Ginger (*Zingiber officinale*), and Org. Clove Org. (*Eugenia Caryophyllatta*) Powders

Tressage™ Dead Sea Nutrients clarified the body) with the super softness of Volcanic Ash trace minerals and plant essential extractions internal and topical health by strengthening and purifying.

Suggested Global Modalities: Swedish, Shiatsu Scalp and Spine Balance and Deep Tissue Massage.

Tressage™ Dead Sea Nutrients are perfect for overactive skins especially those that suffer from Acne. Eczema and Poor Circulation that leave the skin dry and grey. This Natural Mud clarifies and detoxifies with every massage movement and brightens Skin color back while leaving nutrients from volcanic ash and the dead sea. Its perfect for blending custom or spa signature aromatherapy because it has no aromas or fragrance added, just pure sea mud and volcanic ash clay.

Ingredients: Natural Bentonite Clay and Dead Sea Mud.