



# Muscle Tension Melt

Prep your client for deep tissue work with this therapeutic aromatherapy wrap that incorporates rhythmic movements to soothe away stress and tension. Finish with a special treat by applying Polar Lotion to trouble spots leaving clients with long lasting cooling relief.



## Ingredients

- Controlled-Glide Creme [1 oz]
- Polar Lotion [1/2 oz]
- Muscle Comfort Essential Oil [20-25 drops]

## Supplies

2 Rubber Spa Bowls  
1 Hot, Moist Hand Towels  
Spa Thermal Blanket

Session Time: 60 mins

Recommended Price: \$80 - \$100

Cost Per Treatment: \$2.75

## Instructions

1. Mix **Controlled Glide Massage Creme** with 15 drops **Muscle Comfort Essential Oil**. Warm prior to application.
2. Put 10 drops **Muscle Comfort Essential Oil** in to rubber spa bowl.
3. Use fingertips to apply **Muscle Comfort Essential Oil** to energy points along the body, starting at the feet, and moving towards the sacrum. Hold your finger against the skin for 5 - 10 seconds as you apply the oil.
4. Standing at the head of the table, pull up all layers of sheets, thermal wrap and blankets, to cocoon client.
5. While client is wrapped perform relaxing rhythmic movements to stretch and prep tissues for deep tissue work.
6. Unwrap the client. Begin deep tissue massage using **Controlled Glide Massage Creme**.
7. Massage a small amount of **Polar Lotion** to specific sore, overstressed muscles. Apply a hot, damp hand towel. Press firmly with both hands on top of towel, holding pressure. Remove towel.