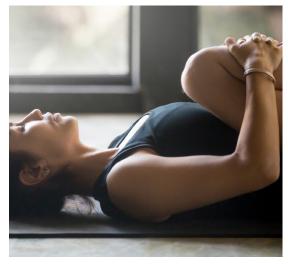
## Muscle Tension Melt



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.