

Creating Your Own Spa Oasis At Home: Handout

Healthy treatments to pamper yourself from head to toe taught by Spa Professional Phoenix Alexander

Aromatherapy: The skilled use of concentrated, pure botanical essential oils for the mind, body, and environment.

- **What it's not:** Many products now use the term "Aromatherapy". Unless it originated from a plant and is not mixed with any other substance it is not an essential oil and therefore has no therapeutic value.
- **Why you don't want to use synthetic scents:** Allergies, asthma, headaches, etc.
- **Why natural is best and therapeutic:** Essential Oils are basically the plants immune system. They can aid us in stimulating our bodies natural healing responses, as well as change our mood, they can stimulate or sedate the nervous system, they help increase oxygen levels in the blood.
- **Which essential oils are stimulating and which are sedating-**Mints, herbs like rosemary and thyme are stimulating to the nervous system and create an energizing effect. Essential oils from flowers are generally calming and sedating helping us to relax. Some examples would be chamomile, lavender, Ylang Ylang, citruses are happy oils that make you feel happier and help assist in reducing extra water retention. This is especially true of grapefruit. Essential Oils from the leaves where the plant breathes also help assist our respiratory system, mints, eucalyptus and tea tree.
- **Which oils are most potent antibacterial agents-** spices like cinnamon, clove, are highly antiseptic. Clove is excellent for sore throats and tooth aches because it contains a natural numbing agent.

Benefits of Aromatherapy

Possible Benefits of Aromatherapy:

- Reduce Stress
- Reduce Fatigue
- Increase Alertness
- Reduce Pain and Spasm
- Improve immune response
- Increase relaxation and calmness
- Change perceptions and feelings
- Improve sleep and wake patterns
- Help Reduce Excess Water Retention
- Increase creativity and imagination

- Improve mood and emotional balance
- Change psychological and physical states
- Increase awareness of self and emotions
- Reduce depression, anxiety, and mood swings
- Stimulate the body's natural healing response
- Increase Self-Esteem and Feelings of Well Being

Body Treatments:

Body Brushing/Dry Brushing Benefits:

The body is the largest organ. It readily absorbs substances from the outside into the body so it's wise to be careful what you put on your body. It is taken into your body just as surely as if you ate it. It sweats out impurities in our bodies, serving a major role in detoxification. It also serves as a buffer to keep you protected from extreme temperatures and external toxins. The lymphatic system absorbs fats and fat soluble vitamins from the digestive process and distributes them to the cells providing nourishment. Unlike the circulatory system of veins and arteries, the lymphatic system has no pump to move the fluid. It depends on body movement and other special ways to stimulate its flow, including special breathing patterns, massage, and body brushing.

Body brushing provides these benefits:

1. **Stimulates the lymphatic system:** When all the cells of our body perform their functions they create waste that is filtered and cleansed by the lymphatic system. When the white blood cells that fight infections in our body die, the lymphatic system carries away the dead cells and filters them in the lymph nodes. The lymph system is the foundation of a healthy immune system. It plays such a vital role in our health. **It really pays to use body brushing to assist your lymphatic system, because if the lymphatic system is congested the body is at risk for illness and disease and inflammation.**
2. **Body brushing exfoliates:** The skin cells die and need to be removed to provide smoother skin and allow the skin to breathe better.
3. **Increases Circulation:** The brisk rubbing motions help to increase circulation to the cells which provides better cell nutrition because the blood flow brings new nutrients to hungry cells.
4. **It helps the body reduce excess water accumulation acting almost like a natural diuretic.** The reason is again toxins. The body sends extra water to areas with excess cell waste and toxins to reduce their harm to the surrounding tissue. Unless the toxins are removed through healthy lymphatic function, the water will remain. A side benefit to dry brushing is removing excess water weight.
5. **Helps reduce cellulite:** Body brushing is a core component of my inch loss massage program by helping to increase lymphatic circulation and possibly softening deposits of fat . Cellulite forms in areas that have toxins, cell waste, and poor lymphatic circulation.
6. **Most people find it helps reduce stress levels:** Knowing that you are taking better care of your body may be a factor. Also the brushing is mildly invigorating providing a better sense of being in touch with your body.

Follow up the dry brushing with a cold shower to increase the flow of disease fighting white blood cells for up to ½ hour. This is a powerful routine to increase the function of your immune system.

Additionally you can use an essential oil blend applied to the bristles to increase the effectiveness of the treatment. Essential oils like grapefruit and cypress assist in decreasing excess water retention.

Basics of Hydrotherapy:

Hot Foot Bath: A local immersion bath covering the feet and ankles at temperatures ranging from 100 to 110°F.

Effects: Increase blood flow through the feet and entire skin surface producing decongestion in internal organs and brain. 6 drops of peppermint oil may be added for relief of aching feet.

- to relieve headache
- chest congestion
- pelvic congestion
- TO HELP ABORT A COLD
- To aid in relaxation and comfort

Procedure:

- Use a cool washcloth to the head
- Water temperature from 103-110°F. Start with lower temperature and gradually increase to tolerance. OPTIONAL: 1 tsp. dry mustard per gallon of water.
- Cover person with sheet or large towel to retain body heat.
- Cover tub to retain heat in container
- Add hot water occasionally to maintain heat
- TREATMENT IS FOR 10—30 MINUTES
- When finished, pour cold water over feet, remove from tub, and dry thoroughly. If patient is perspiring, rub with alcohol or other cooling measure and dry thoroughly.

CONTRAINDICATIONS:

- Loss of feeling in feet or legs; not recommended for frostbite.

Acupressure Points For Emotional Balance:

- **GB 14** Above the eyes in the hollow 1 finger up from the eyebrow, in line with the pupil.
Indications: Clearing the mind, Emotional balancing, releasing emotions, panic, anxiety. Hold this point while you mentally rehearse and unpleasant event or memory until the emotions dissipate. Increases mental health. Transform negative emotions. **Physical indications:** Headaches, memory recall. Headaches and eyestrain, face and neck tension.
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as releasing emotional issues while holding GV20 and visualizing the events. Says it's a neuro vascular holding point)

- **Yintang: (Central Mark) Location:** Between eyebrows in the mid point. In line with the governing vessel but not a point on it. In the Chakra system it is referred to as the 3rd eye. **Indications:** Stress and anxiety. It creates calming, sedating effect on the nervous system, and soothes the mind/body.
- **CV 17: (Sea of Tranquility)** On the center of the sternum, in line with the nipples, 4 fingers up from the pointy part at the tip of the sternum (xyphoid process) in a hollow. **Indications:** Emotional Balancing, grief, sadness, emotional trauma, lifts and balances the emotions. Good for PTSD, chronic fatigue, depression, suicidal thoughts, anxiety attacks, trauma, fear, helps heal the heart emotionally. **Physical indications:** , recovering from an injury or surgery and Fibromyalgia, heart palpitations and fainting. Helps deepen the breath.

Benefits of Massage:

These are some of the benefits of massage:

- Interrupts the pain/spasm cycle found in injured muscles and tight muscles.
- Increases blood circulation and the removal of cell waste, and toxins
- Relieves pain and increases mobility and range of motion
- Increases lymphatic circulation to reduce swelling and increase overall health, and aid the immune response in the body. Lymphatic massage may decrease water retention.
- Speeds recovery from muscle, tendon, or ligament injury
- Reduces stress that is often associated with an injury and chronic pain, or chronic stress
- Helps reduce blood pressure by bringing you into the parasympathetic nervous system instead of fight or flight we usually operate in (sympathetic nervous system).
- Increases deep diaphragmatic breathing increasing oxygen in the blood and relaxation response
- Cross Fiber Friction Massage: Helps scars to heal in the direction of soft tissue fibers which results in less scarring and less chance of re-injury

Spa Treatment Benefits:

Body Wraps:

- ☞ Mud Benefits: Detoxifying— Removes more impurities than other clays, skin softening, firms and refines the skin while gently exfoliating it. Natural minerals and elements stimulate the lymphatic system to increase overall health. Leaves trace minerals on the skin. Has over 50 skin beneficial ingredients. Hydrating to the skin.
- ☞ Algae Benefits: Restores minerals and vitamins to the skin, rehydrates and softens the skin, stimulates the body's natural healing process, relaxes the body and mind.

Make sure to book a massage and spa treatments at the spa onboard the ship before you leave this cruise. You deserve some pampering and better health.