

FOREST THERAPY BODY

Bring the serenity of nature to your mind, body & skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness & agitation. Forest Therapy's® unique essential oil blend & treatment will reinforce your intention to feel refreshed, tranquil & grounded. After a cleansing, guided inhalation, relax into a deep, tension-releasing massage. A warm and grounding mud mask is applied to hands and feet followed by a recharging facial with pressure point face massage. Finally, restore tranquility to the mind with our relaxing scalp massage.

TYPICAL GUEST

- Those overwhelmed by modern life or city living
- Those that are restless, agitated or on edge
- Those who need to feel refreshed, tranquil and grounded

WHAT IS UNIQUE ABOUT THE FOREST THERAPY BODY & FACE?

- Guided breathing inhalation
- Slow, long and elongating signature massage move to connect each body section
- Hot stone placement
- Warm mud to hands and feet
- Experiential facial – featuring exfoliation, mud mask and pressure point face massage
- Body massage focuses on back, legs, abdomen and scalp

KEY INGREDIENTS



Cypress

Ho Wood

Pink Pepper

PRODUCTS REQUIRED FOR THE TREATMENT

1. Forest Therapy Pure Essential Oil Blend
2. Forest Therapy Body Oil
3. Base Mud
4. Forest Therapy Wellness Mist
5. Nourishing Cleansing Balm
6. Pro Barrier Boost Face Oil

TREATMENT FREQUENCY

Once a week or as required.

CAREFUL CONSIDERATIONS

Not recommended during pregnancy

RECOMMENDED HOME CARE



1. Forest Therapy Pure Essential Oil Blend
2. Forest Therapy Rollerball
3. Forest Therapy Bath & Shower Oil
4. Forest Therapy Wellness Mist

TREATMENT PREPARATION

- Create the perfect atmosphere by placing 2-3 drops of Forest Therapy Pure Essential Oil Blend into your Room DIFFUSER
- Place basalt stone in hot cabby
- Place 1 tablespoon of Base Mud in a bowl
- Place 4 pairs of dampened mitts in the hot cabby
- Prepare 1 dry mitt for the hot stone placement
- Prepare 1 modesty towel
- Prepare 4 towels to wrap hands and feet. Disposable biodegradable hand towels can also be used.

TREATMENT PROCEDURE: 90 MINUTES

Please note that all massage movements in this treatment are repeated twice unless otherwise stated.

PRE TREATMENT CONSULATION: 2 MINUTES

1. Prior to commencing treatment, ask your guest to complete the Personal Treatment Plan and carry out a thorough consultation. Including a description of the treatment, an explanation of the effects, results that your guest should expect and how your guest can continue the benefits of the treatment at home.

"This treatment was designed to bring tranquility and leave you grounded. We start off with a guided breathing technique called box breathing to encourage you to be in the moment, we then uncover half the body to start the massage with some elongating strokes before concentrating on the back, legs and abdomen. Once warm mud is applied to hands and feet, we will start the experiential facial with a cleanse, and finish with a pressure point massage."

2. Direct the guest to lay face down, check they are lying straight on the couch. Support under ankles, abdomen or bust if necessary.
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INHALATION: 2 MINUTES

1. Place a bowl of warm water with 1-2 drops of Forest Therapy Pure Essential Oil Blend under the guests face rest and guide the guest through Box Breathing exercise.
"To begin your treatment, I'd like you to take a few deep breaths in through your nose, and out through you mouth. (Allow the guest to inhale and exhale once) as you do this, I would like you to ensure you are breathing in for 4 seconds, holding that breath in for 4 seconds, exhaling for 4 seconds and holding that breath out for 4 seconds. So, breathe in, 1, 2, 3, 4 hold it in 2,3,4, exhale 2,3,4 and hold the breath out 2,3,4. During the treatment if you feel your mind wondering re-focus on your box breathing."
 2. Cleanse guests' feet with warm mitts and confirm guests' comfort.
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BACK OF BODY: 30 MINUTES

1. Cranial Pressures: with left hand supporting head on the right side, apply pressures to left occipital ridge with right thumb. Press with slight rotation, maintain pressure. Start behind mastoid process, find 5 points then move up central 'triangle' with 2/4 lighter points. Repeat to right side, reserve support and use right second and/ or middle finger.
 2. Soothing: picking up over occipital bone, stroking through hair.
 3. Long Effleurage to back of the body
– Right Hand Side
Uncover the guests right hand side of the body and apply two pumps of oil to the body. Starting at the buttock, your hands will split, the right hand going up the back, down the arm and back to the buttock whilst at the same time the left hand goes down to the foot.
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4. Back Massage – Right Hand Side
Cover the guest's leg to perform the Ultimate Aromatherapy Experience back massage protocol to the right-hand side of the back.
- Spinal pressures
 - Sliding movement
 - Continuous slide
 - Lifting movement
 - Piano movement
 - Effleurage buttocks
 - Sacrum kneading
 - Working each buttock
 - Deep drainage to buttocks, 'T' shape
 - Effleurage to kidneys
 - Arms: squeezing
 - Arms: pressures
 - Caterpillar
 - Freestyle shoulder work
 - Complete that side with an effleurage and arm stretch
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5. Long Effleurage to back of the body – Right Hand Side
Uncover the right leg and perform 2 long effleurages, covering the guests back at the end to start work on the back of right leg.
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6. Leg massage – Right Hand Side
- General kneading to soles of foot
 - 6 lines of pressures to sole, two lines at a time x 1
 - Picking up from ankle to thigh using both hands
 - Pressure points from Achilles to ischium
 - Effleurage, then hold palms on sole for 5 seconds to finish
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7. Long Effleurage to the back of the body – Right Hand Side.
Uncover the back and finalize the right hand side with 2 long effleurages. Cover the right hand side of the body and move over to the left.
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8. Long Effleurage to back of the body – Left Hand Side
Uncover the guests' left hand side of the body and apply two pumps of oil to the body. Starting at the buttock, your hands will split, the left hand going up the back, down the arm and back to the buttock whilst at the same time the right hand goes down to the foot.
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9. Back Massage – Left Hand Side
Cover the guest's left leg to perform the Ultimate Aromatherapy Experience back massage protocol to the left-hand side of the back using the same protocol as step 2.
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10. Long Effleurage to back of the body – Left Hand Side
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11. Leg massage - Left Hand Side
Covering the back at the end to perform the leg massage. Same routine as step 6.
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12. Long Effleurage to the back of the body – Left Hand Side
Uncover the back and finalize the left hand side with 2 long effleurages.
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13. Turn guest over
Adjust table, accordingly, cover the guests bust with a towel and confirm comfort.
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14. Place mud in hot caddy
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FRONT OF THE BODY: 52 MINUTES

1. Long Effleurage to front of the body – Right Hand Side
Uncover the guests' right hand side and apply two pumps of oil to the body starting with one hand on the abdomen, and the other at the top of the thigh. Your hands will split, the left hand going up to the décolleté, down the arm and back to the abdomen whilst at the same time the right hand goes down to the foot. Cover the right leg to work the abdomen.
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2. Abdomen massage and stone placement:
5 minutes
Cover the guest's leg to work to performing the Ultimate Aromatherapy Experience abdomen massage protocol.
- Clockwise effleurage.
 - Colon stroking: descending, transverse, ascending.
 - Circling to solar plexus anticlockwise.
 - Stroking: solar plexus to navel.
- Repeat circling to solar plexus.
 - Left hand on guest's shoulder. Remove right palm from solar plexus, then left.
 - Place the hot stone on the solar plexus
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3. Long Effleurage to front of the body
– Right Hand Side
Uncover the guests' right leg perform 2 long effleurages starting at the abdomen, your hands will split, the left hand going up to the abdomen whilst at the same time the right hand goes down to the foot. Cover the top of the body at the end to start to
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4. Leg Massage
– Right hand side: 5 mins per leg
- Effleurage.
 - General kneading to soles of foot.
 - Diaphragm release.
 - Top of foot: kneading and pressures.
 - Picking up from ankle to thigh.
 - Effleurage, then hold palms on soles to finish for a count of 10.
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5. Long Effleurage to front of the body
– Right Hand Side
Uncover the guests' right hand side, starting at the top of the thigh. Your hands will split, the left hand going up to the décolleté, down the arm and back to the abdomen whilst at the same time the right hand goes down to the foot. Cover the top of the body at the end to start to work on the right leg.
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7. Leg massage - Left Hand Side
Covering the back at the end to perform the leg massage. Same routine as step 4.
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8. Long Effleurage
Uncover the guests left hand side and starting at the abdomen, your hands will split, the right hand going up to the décolleté, down the arm and back to the abdomen whilst at the same time the left hand goes down to the foot. Cover the body leaving the hands and feet out.
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9. Towel placement for mud application Place towels under hands and feet ready for mud application
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10. Mud Application: 5 minutes
Remove the mud from the cabby and apply to palm of the hands, then wrap with a towel or disposable biodegradable hand towels. Do the same for the feet applying mud only to the center of the sole of the feet. Wrap client or cover with extra blanket.
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11. Relaxing Scalp Massage: 10 minutes
All movements are repeated 5 times unless otherwise stated
- Spritz once on clients décolleté and bring the aroma to the guests' nose and through their hair.
- With fingertips deeply massage all over scalp, starting at the occipital ridge x 1.
- 12.
- Sagittal pressures: with thumbs, static rotations either side of sagittal suture. From hairline to crown.
 - Circular pressures: with 3 middle fingers around hairline starting at front center around back of ears to occipital ridge.
 - Slide with thumbs from center of hairline to ears.
 - Massage ears: unrolling edges. scalp, starting at the occipital ridge x 1.
 - Sagittal pressures: with thumbs, static rotations either side of sagittal suture. From hairline to crown.
 - Circular pressures: with 3 middle fingers around hairline starting at front center around back of ears to occipital ridge.
 - Slide with thumbs from center of hairline to ears.
 - Massage ears: unrolling edges.

14. Facial Pressure Point Massage: 14 minutes

- a. Press in a small amount of the appropriate face oil and perform the following pressure point massage.
 - i. Forehead pressures with thumbs: 4 pressures across, 4 lines up.
 - ii. Sinus drainage from third eye point to hairline with thumbs alternating.
 - iii. Forehead effleurage.
 - iv. Nose - circles on nasal bone and slide off over forehead - avoid hair.
 - v. Cheek pressures 1: pressures starting beside nostrils, across cheeks to ear.
 - vi. Cheek pressures 2: pressures starting beside nostrils, under cheekbones to ear.
 - vii. Lymphatic drainage with fingertips across cheeks.
 - viii. Finish with circles on temples.

15. Remove hot stone from guest solar plexus.

**POST TREATMENT CONSULTATION:
2 MINUTES**

1. Aftercare recommendations
 2. Homecare recommendations
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FOREST THERAPY TREATMENT PROCEDURE

REMINDER SHEET:	90 MINS	60 MINS
1. Pre-treatment consultation: 2 mins	YES	YES
2. Inhalation: 2 mins	YES	YES
1. Place a bowl of warm water with 1-2 drops of Forest Therapy Pure Essential Oil under guest face rest and guide the guest through the Box Breathing	YES	YES
2. Cleanse feet with warm mitts	YES	YES
BACK OF THE BODY: 30/20 MINUTES		
1. Cranial pressures	x2	x2
2. Soothing	x2	x2
3. Long effleurage to right side of body. Cover leg.	x2	x2
4. Back Massage		
a. Spinal Pressures	x2	x2
b. Sliding movement	x2	x2
c. Continuous slide	x2	x2
d. Lifting movement	x2	x2
e. Piano movement	x2	x2
f. Effleurage to buttocks	x2	x2
g. Sacrum kneading	x2	x2
h. Working to buttock	x2	x2
i. Deep drainage to buttocks, 'T' shape	x2	x2
j. Effleurage to kidneys	x2	x2
k. Arm squeeze (if guest is facing down)	x2	x2
l. Arm pressures (if guest is facing down)	x2	x2
m. Catterpillar	x2	x2
n. Freestyle shoulder work	x2	x2
o. Complete that side with an effleurage and arm stretch	x2	x2

5. Long effleurage to right side of body. Cover back.	x2	x2
6. Leg Massage - right hand side		
a. General kneading to soles of foot	x2	x2
b. 6 lines of pressure points to sole	x1	x1
c. Picking up from ankle to thigh	x2	x2
d. Pressure points to bladder meridian	x2	x2
e. Final lemniscate effleurage to leg	x2	x2
7. Long effleurage to right side of body.	x2	x2
8. Long effleurage to left side of body.	x2	x2
9. Back massage to left side using same protocol as step 4.	x2	x2
10. Long effleurage to left side of body.	x2	x2
11. Leg Massage - left hand side using same routine as step 6	x2	x2
12. Long effleurage to left side of body.	x2	x2
13. Turning guest over	YES	YES
14. Place mud in hot cabby	YES	YES

FRONT OF THE BODY:	90 MINS	60 MINS
1. Long effleurage to right side of body. Cover leg.	x2	x2
2. Abdomen massage and stone placement		
a. Clockwise effleurage	x2	x2
b. Colon stroking: descendin, transerve and ascending	x2	x2
c. Circling to solar plexux	x2	x2
d. Stroking: solar plexus to navel	x2	x2
e. Diaphragm release	x2	x2
f. Repeat circling on solar plexus	x2	x2
g. Left hand on guest shoulder	x2	x2
h. Place hot stone on the solar plexus	x2	x2

3. Long effleurage to right side of body. Cover top of the body	x2	x2
4. Leg massage: right hand side		
a. Effleurage	x2	x2
b. General kneading to soles of foot	x2	x2
c. Diaphragm release	x2	x2
d. Top of foot kneading and pressures	x2	x2
e. Picking up from ankle to thigh	x2	x2
f. Final lemniscate effleurage, then hold foot	x2	x2
5. Long effleurage to right side of body.	x2	x2
6. Long effleurage to left side of body.	x2	x2
7. Leg massage: left hand side using same routine as step 4	x2	x2
8. Long effleurage to left side of body.	x2	x2
9. Towel placement for mud application		
a. Remove mud from cabby, add 1 pump of body oil, mix well and apply to palm of hand and soles of feet and wrap	YES	YES
10. Relaxing Scalp Massage: 10 minutes		
a. Spritz one on guest décollete and bring aroma to guest nose and through their hair	YES	YES
b. Deep fingertip all over scalp	x1	x1
c. Sagittal pressures	x5	x5
d. Circular pressures	x5	x5
e. Thumb slide	x5	x5
f. Massage ears	x5	x5
g. Deep drainage	x5	x5
h. Hold head for 3 seconds	x1	x1

11. Remove mud: 5 minutes		
a. Using warm mitts remove mud from hands effleurage to arm to moisturise the hand with excess oil	x1	x1
b. Using warm mitts remove mud from feet. Apply a 1/4 of a pump of oil to each foot and perform toe pulls	x1	x1
12. Layer Locking & Facial Pressure Point Massage: 14 minutes		
a. Press in a small amount of chosen face oil	x1	NO
1. Forehead pressures	x1	NO
2. Sinus drainage	x1	NO
3. Forehead effleurage	x1	NO
4. Circles on nasal bone	x1	NO
5. Cheek pressures 1	x1	NO
6. Cheek pressures 2	x1	NO
7. Lymph drainage to cheeks	x1	NO
8. Finish with circles on temples	x1	NO
13. Remove the hot stone from solar plexus	YES	YES

**POST TREATMENT CONSULTATION:
2 MINUTES**

FOREST THERAPY BODY & FACE 90 MINUTES

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