

## 26b Hydrotherapy: Cold Water Treading, Facial, and Herbal Wrap



## 26b Hydrotherapy: Cold Water Treading, Facial, and Herbal Wrap Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total



## 26b Hydrotherapy: Cold Water Treading, Facial, and Herbal Wrap Class Reminders

### **Quizzes:**

- 29b Kinesiology Quiz
  - Supraspinatus, infraspinatus, teres minor, subscapularis, pec minor, & serratus anterior
- 31a Written Exam Prep Quiz (20a, 20b, 21b, 22a, 23a, 24b, 29b, and 30a)
- 32a Written Exam Prep Quiz (24a, 25a, 26a, 27a, 28a, 29a, 30b, and 31b)

### **Assignments:**

- 30a Review Questions
  - Packet A: 141-158

### **Preparation for upcoming classes:**

- 27a Pathology: Musculoskeletal System
  - Packet E: 49-54
  - RQ Packet A-150
- 27b Hydrotherapy: Heat, Cold, and Contrast Treatments
  - Packet G: 25-28



# Classroom Rules

**Punctuality** - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

**The following are not allowed:**

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

*You will receive one verbal warning, then you'll have to leave the room.*



## 26b Hydrotherapy: Cold Water Treading, Facial, and Herbal Wrap Student Supplies

Please present your materials for inspection. Without all of the supplies listed, you will have to leave and make this class up later.

### **Materials supplied by the student**

- 1 pair of flip-flops or sandals
- Shorts or pants rolled up
- 1 hand towel
- 1 bathing suit
- 2 long-type bath towels
- 2 regular-size bath towel
- 1 set of sheets and blanket
- 1 medium plastic trash bag
- Facial toner and cotton pads
- 2 washcloths



## Cold Water Treading, page G-21

### Materials supplied by the student

- 1 pair of flip-flops or sandals that can get wet
- Shorts or pants that you can roll up
- 1 hand towel

### Materials supplied by TLC

- Metal tubs for water treading
- Water and ice
- Thermometer



## Herbal Wrap, page G-22

### Materials supplied by the student

- 1 bathing suit
- 2 long-type bath towels
- 2 regular-size bath towel
- 1 set of sheets and blanket
- 1 medium plastic trash bag

### Materials supplied by TLC

- 10 drops of essential oil
- 1.5 liters of hot water
- Squirt bottles



## Herbal Wrap, page G-22

### SUPINE

1. Place a blanket on the table cross-wise.
2. Place a flat sheet on the blanket, also cross-wise
3. Cover the sheet with plastic sheeting (provided by the school), also placed cross-wise.
4. Place large towels on the plastic cross-wise so that they overlap each other.
5. The receiver should be standing by, dressed in a bathing suit, ready to get on the table.
6. Quickly squirt the entire bottle of herbal water on the towels.
7. Immediately have the client lie down on the towels (may be very hot).
8. Wrap the client in layers: towel, plastic, sheet, blanket
9. While they enjoy the herbal wrap, do a face treatment
10. After 20 minutes, slowly unwrap them.
11. Have them sit for a while before standing to avoid falling over.





## Herbal Wrap, page G-22

### Materials supplied by the student

- Facial toner such as Witch hazel or non-alcohol face toner
- Cotton balls or pads
- 2 washcloths

### Materials supplied by TLC

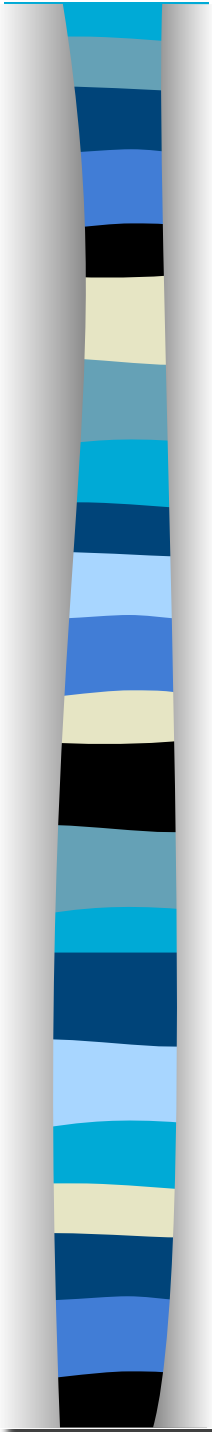
- Moisturizing cream
- Facial clay mask
- Plastic tub with warm water



## Face Treatment, page G-23

### SUPINE

1. Clean your hands and client's face with toner as you normally do in Head, Neck, and Face Routine.
2. Apply facial moisturizer and massage the face using small circles along the path of the usual facial massage (remember to use fingers rather than thumbs).
3. Apply warm washcloth to face to open pores and remove moisturizer.
4. Thinly apply clay mixture to face and under chin. Avoid getting clay mixture too close to the eye area and avoid lips and hairline.
5. Let the clay dry.
6. Remove clay with a warm wet washcloth. Rinse cloth when necessary and rinse until all the clay has been removed.
7. Follow with toner to remove all traces of clay.
8. Finish with facial moisturizer or Balancing Infusion (optional).



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