

This information is provided to support therapists who want to use these treatments in their private practice. The botanical name for each essential oil is provided in a table at the end of this section. Use only therapeutic grade essential oils in these treatments.

### **Sumptuous Sugar (or Salt) Glows Treatment Overview**

Massage table setup (from the bottom to the top layer): 1) bottom massage sheet, 2) bath towel (the weave of the bath towel will catch excess salt or sugar that falls off the client during the first half of the treatment; when the client turns over, the towel will prevent him/her from feeling the salt or sugar granules), 3) top massage sheet, 4) blanket or second bath towel for warmth, 5) bolster.

Supplies for the worktable setup: 1) sugar or salt in a cheese shaker, 2) massage oil (the treatment works best with oil and therefore massage cream or gel is not recommended), 3) aloe vera gel, 4) bowl of warm water, 5) spray bottle, 6) soda cooler (9–12 quart), 7) hand towels, 8) hot water for heating and moistening the towels, 9) gel hand sanitizer, 10) essential oils (optional), 11) other items that might be used to enhance the session, such as a neck pillow, eye pillow, or warm pack.

### **Recipes for Smell-Scapes**

#### **Victorian Garden Glow**

*Massage oil.* Add 4 drops of lavender, 6 drops of lemon, and 3 drops of nutmeg oils to every ounce of expeller pressed sunflower or sweet almond oil.

*Aloe vera gel.* Add 1 drop of rose and 5 drops of nutmeg oils to every ounce of aloe vera gel.

*Aroma mist.* Add 2 drops rosemary, 4 drops lavender, and 6 drops of sweet orange oils to every ounce of distilled water in a spray bottle.

*Towels.* Add 2 drops of thyme oil to the soda cooler of hot, moist towels. Add the oil to the bottom of the soda cooler, to the side of the towels, so that the towels are scented with the steam.

#### **Zen Glow**

*Massage oil.* Add 7 drops bergamot, 2 drops white camphor, and 3 drops ginger CO<sub>2</sub> oils (look for the CO<sub>2</sub> produced oil because it smells sweet, spicy, and fresh. The steam distilled ginger tends to have a darker, more pungent aroma) to every ounce of expeller pressed sunflower or sweet almond oil.

*Aloe vera gel.* Add 12 drops of mandarin oil to every ounce of aloe vera gel.

*Aroma mist.* Add 6 drops of lemongrass oil to every ounce of distilled water in a spray bottle. Two drops of either jasmine or ylang ylang oils might also be added for an exotic floral note. It is important to know that lemongrass oil is high in aldehydes and therefore has the potential to cause skin irritation. For this reason, it works well to use lemongrass in mists that are not applied directly to the skin.

*Towels.* Add 2 drops of lemongrass and 1 drop of clove oils to the soda cooler of hot, moist towels. Add the oils to the bottom of the soda cooler, to the side of the towels, so that the towels are scented with the steam.

#### **Citrus Glow**

*Massage oil.* Add 12 drops of lemon oil to every ounce of expeller pressed sunflower or sweet almond oil.

*Aloe vera gel.* Add 12 drops of grapefruit oil to every ounce of aloe vera gel.

*Aroma mist.* Add 12 drops of lime oil to every ounce of distilled water in a spray bottle.

*Towels.* Add 6 drops of sweet orange oil to the soda cooler of hot, moist towels. Add the oil to the bottom of the soda cooler, to the side of the towels, so that the towels are scented with the steam.

### **Body Boosting Back Treatments Overview**

Massage table setup (from the bottom to the top layer): 1) bottom massage sheet, 2) bath towel, 3) top massage sheet, 4) blanket or second bath towel for warmth, 5) bolster.

Supplies for the worktable setup: 1) 2 hand held soft puffs or loofah pads, 2) bowl of warm water, 3) plain body wash product, 4) product warmer, 5) treatment product, 6) finishing product, 7) vinyl gloves, 8) soda cooler, 9) hand towels, 10) hot water to heat and moisten the towels, 11) body wrap plastic cut to cover just the back (i.e., a garbage bag can be used in a pinch), 12) spray bottle, 13) warm pack, 14) enhancing items like eye pillow, neck pillow, essential oils, etc.

### **Recipes for Smell-Scapes and Product Notes**

#### **Mermaid Shimmer**

The essential oils of white camphor, German or Roman chamomile, eucalyptus, gardenia, helichrysum, grapefruit, jas-

mine, lemon, geranium, sandalwood, vanilla, and ylang ylang have associations with the ocean and, therefore, have been used in the smell-scape for this treatment.

*Body wash.* Add 11 drops of lemon and 1 drop of geranium oils to every ounce of plain, unscented body wash.

*Massage oil or cream.* Add 5 drops of eucalyptus, 4 drops of white camphor, and 2 drops of ylang ylang oils to every ounce of massage oil or cream.

*Finishing product.* There are some very nice leave-on seaweed gel products on the market (make sure the product is meant to be left on the client and does not need to be removed).

*Aroma mist.* Add 10 drops of grapefruit and 1 drop of jasmine oils (instead of jasmine, 2 drops of gardenia or 1 drop of geranium might also be used) to every ounce of distilled water in a spray bottle.

*Towels.* Add 3 drops of eucalyptus oil to the soda cooler of hot, moist towels.

*Seaweed recommendations.* Mix up micronized seaweed powder with warm water. Don't heat seaweed in metal containers, as it reacts chemically with the metal. Don't heat the product in a microwave. Each product absorbs water differently, so the therapist will need to play around with the ratio of seaweed to water. Seaweed smells like seaweed—strong. This can be a problem in a small, but busy clinic because some clients don't like the smell. Another option is to use a high-bread seaweed gel product. It will not be as strong or smell as potently as a pure seaweed product. You could also use a marine fango in place of seaweed. Marine fango products tend to have a creamy texture and a gentle ocean smell.

## **Mud Sport**

Sweet birch, white camphor, German chamomile, bay laurel, eucalyptus, fir needle, juniper berry, sweet marjoram, pine, rosemary, ginger, turmeric, and wintergreen have an affinity with the muscular system and therefore are mixed with citrus oils for these smell-scapes. The citrus oils tone down and round out the aromas of these muscular system oils. These smells are a little more masculine than flowery scents, like rose or lavender, so this treatment is well suited for men.

*Body wash.* Add 4 drops of juniper berry, 2 drops of eucalyptus, and 6 drops of lemon oils to every ounce of body wash.

*Massage oil or cream.* Add 4 drops of bay laurel, 4 drops of white camphor, 1 drop of fir needle, and 5 drops of bergamot oils to every ounce of massage oil or cream.

*Finishing product.* There are a number of fitness gels on the market that work well with this treatment. Some are cooling, refreshing, and tingling while others are pain relieving and warming.

*Aroma mist.* Add 4 drops of rosemary and 8 drops of sweet birch oils to every ounce of distilled water in a spray bottle.

*Towels.* Add 2 drops of pine and 6 drops of sweet orange oils to a soda cooler full of hot towels.

*Treatment product recommendations.* Parafango is used in this treatment outline, but the therapist could just as easily use Moor mud, which has anti-inflammatory properties. Parafango must be heated in a specialized warmer, which can be a bit expensive, so for the therapist on a budget, Moor mud might be a better choice. Don't heat or store any fango product in metal containers as they may react chemically with the metal. Don't heat product in a microwave.

## **Barefoot Bliss Treatment Overview**

Supplies for the massage table setup (from the bottom to the top layer): 1) massage sheet, 2) bath towel set horizontally at the bottom of the massage table, 3) top massage sheet, 4) blanket or bath towel for warmth, 5) pillow for the client's head, 6) bolster.

Supplies for the foot soak setup: 1) comfortable chair for the client, 2) side table with a beverage, such as hot herbal tea or lemonade, 3) foot soak container placed on top of a hand towel and filled with warm water and a soaking additive, 4) cleanser or foot scrub product, 5) robe and slippers, 6) dry hand towel.

Supplies for the worktable setup: 1) massage lotion or cream, 2) petroleum jelly, 3) cellophane wrap, 4) treatment product, 5) application brush or vinyl gloves, 6) soda cooler, 7) hand towels, 8) hot water to heat and moisten towels, 9) spray bottle, 10) finishing product, 11) other enhancers or products as needed for the individual treatment.

## **Recipes for Smell-Scapes and Product Notes**

### **Sole Soother**

*Soaking additive.* Add ½ cup of powdered milk and 2 drops of lavender oil to a basin of warm water.

*Cleanser or foot scrub product:* add 6 drops lavender, 2 drops ylang ylang, and 2 drops basil oils to 1 ounce of unscented skin cleanser or purchase a lavender foot scrub product.

*Massage lotion or cream.* Add 12 drops of mandarin oil to every ounce of massage lotion or cream.

*Treatment product.* Mix ½ cup of kaolin clay with warm water until it is creamy. Add 1 drop of rose and 1 drop of basil oils.

*Towels.* Add 3 drops of rosemary oil to the soda cooler full of hot, moist towels.

*Finishing product.* Add a drop of lavender oil to a small dollop of aloe vera gel as a finishing product.

### **Temple Path**

The products used in the Temple Path are based on ayurveda and can be purchased through an ayurveda supplier. Go online and use related search terms (*ayurveda products, dosha products, taila, ayurveda herbs*). If the therapist prefers to make the products, here are some recipes:

*Soaking additive.* Fill a muslin bag with ½ cup of mixed herbs that include ground ginger, sandalwood powder or chips, eucalyptus leaf, and sage leaf. Cover the bag with boiling water and allow it to steep for 20 minutes. Add cool or hot water as needed to adjust the temperature for the foot-soak.

*Cleanser or foot scrub product.* Purchase ground pumice from a bulk herbs or soap supplier and mix it into an unscented body wash product. Add 4 drops ginger CO<sub>2</sub> and 8 drops mandarin essential oils.

*Massage oil (taila).* This should be purchased from an ayurveda supplier because it is made in a very special and specific way.

*Treatment product (ubtan).* Ubtan is a paste made from nuts, seeds, and unprocessed flour to which oils, spices, and milk have been added. Mix ½ cup chickpea flower, 1 tablespoon mustard seed powder, ¼ cup milk, 2 tablespoons sesame oil, 1 tablespoon turmeric, 13 drops sandalwood, 1 drop patchouli, and 1 drop rose oils.

*Aroma mist.* Add 10 drops sweet orange and 2 drops jasmine to every ounce of distilled water in a bottle with a spray top.

*Towels.* Add 3 drops of white camphor oil to a soda cooler full of hot, moist towels.

*Finishing product.* Ubtan can be a bit drying and so the therapist might wish to apply a light lotion. A nice idea is to finish with a dusting powder. These can be natural powders purchased from ayurveda suppliers or they can be gold or silver-toned cosmetic powders purchased from the drugstore. Another nice idea is to learn how to apply henna to the feet and hands and offer this as part of the session.

## SIDEBAR

Botanical names of essential oils listed in this article

<b>Common Name</b>	<b>Botanical Name and Authority</b>
basil (sweet)	<i>Ocimum basilicum</i> L.
bay laurel	<i>Laurus nobilis</i>
bergamot	<i>Citrus x bergamia</i> Risso
camphor (white)	<i>Cinnamomum camphora</i> (L.) J. Presl.
chamomile (German)	<i>Matricaria recutita</i> (L.) Rauschert
chamomile (Roman)	<i>Chamaemelum nobile</i> (L.) All.
clove bud	<i>Syzygium aromaticum</i> (L.) Merr. & Perry
eucalyptus (bluegum)	<i>Eucalyptus globulus</i> Labill.
fennel (sweet)	<i>Foeniculum vulgare</i> Miller var. dulce Battand & Trabut
fir needle	<i>Abies alba</i> Miller
geranium	<i>Pelargonium graveolens</i> L'Hérit.
ginger	<i>Zingiber officinale</i> Roscoe
grapefruit	<i>Citrus x paradisi</i> Macfady
helichrysum	<i>Helichrysum italicum</i> (Roth) G. Don.f.
jasmine	<i>Jasminum officinale</i> L. form grandiflorum (L.) Kobuski
juniper	<i>Juniperus communis</i> L.
lavender (English/true)	<i>Lavandula angustifolia</i> Miller
lemon	<i>Citrus x limon</i> (L.) Osb.
lemongrass (West Indian)	<i>Cymbopogon citratus</i> (DC) Stapf
lime	<i>Citrus x aurantiifolia</i> (Christm.) Swingle
mandarin	<i>Citrus reticulata</i> Blanco
marjoram (sweet)	<i>Origanum majorana</i> L.
nutmeg	<i>Myristica fragrans</i> Houtt.
orange blossom (niroli)	<i>Citrus x aurantium</i> L. "amara"
orange (sweet)	<i>Citrus sinensis</i> (L.) Osbeck
patchouli	<i>Pogostemon cablin</i> (Blanco) Benth.
peppermint	<i>Mentha x piperita</i> L.
pine (Scots)	<i>Pinus sylvestris</i> L.
rose	<i>Rosa x damascena</i> Miller
rosemary	<i>Rosmarinus officinalis</i> L.
sage (common)	<i>Salvia officinalis</i> L.
sage (Spanish)	<i>Salvia lavandulifolia</i> Vahl
sandalwood	<i>Santalum album</i> L.
sweet birch	<i>Betula lenta</i> L.
thyme (sweet/linalol type)	<i>Thymus vulgaris</i> L.
tumeric	<i>Curcuma longa</i> L.
vanilla	<i>Vanilla planifolia</i> Andr.
ylang ylang	<i>Cananga odorata</i> (Lam.) Hook.f. & Thomson

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