

Thai Herbal Poultice



Thai Herbal Poultice is a deep heat muscle treatment that dates back centuries. It benefits to increase blood circulation, lymphatic drainage, detoxify & condition the skin. A variety of techniques are used to achieve a wide range of benefits using the herbal poultice, which is combined with massage helps to release blocked energy and increase the flow of energy in the body.

More Benefits of Herbal Poultice Massage

- Relieves pain and inflammation
- Soothes sore and overworked muscles
- Induces deep relaxation and sleep
- Relieves stress and fatigue

Ingredients:

Rice flower, Rose Geranium Oil Therapeutic Grade - South African Rose Geranium - promotes relaxation, antioxidant, anti-inflammatory properties and calm anxiety

Preparing the Poultice

Place the poultices in a steam pot or Hot cabinet for around 10 to 15 minutes or until the desired temperature is reached. The steaming process softens the compress and the aroma intensifies as the essential oils in the contents are released. It is then steam-heated which draws the essential oils out of the herb mixture.

Be careful when heating your herbal compress ball, you can burn yourself with it.

Do not use the herbal compress ball immediately after steaming.

Let it sit for a bit and test on your arm to check if the temperature is bearable.

Contra indications for Thai Herbal Poultice

- Uncontrolled diabetes
- Skin issues and irritations
- Allergies specific to plants and ingredients used in the poultice
- High blood pressure
- Pregnancy
- Varicose veins
- Recent operations
- Open wounds or cuts
- Sunburn

Treatment Procedure

- Ask the guest to lie face down on the treatment bed
- Ensure to place a bolster or pillow under the ankles (to support guest knees)
- Place a hand towel on your guest's head to avoid getting oil in their hair.

Back:

Stand at the top of the treatment bed by the guest head.

1. Apply oil by Effleurage movements over the full back x3
2. Thumb circles down the back, starting from the base of the neck, working downward to the lower back x3
3. Effleurage of the lower back, fanning over the hips x3
4. Alternate Palm kneading on lower back x3
5. Move to the side of the bed, facing the head
6. Effleurage full back
7. Starting on the left side of the spine, flat palm strokes from lower back, up next to the spine, around the scapular and down the arms x3
8. Remove compress from the Hot cabinet/steamer. Check temperature of compresses, before applying it on the skin.
9. Take 1 compress, on left side the spine, Poultice free hand leads and warm poultice hand follows, effleurage starting at the base of the spine upwards towards the shoulder, round the scapulae 3 times and slide down the arm, hand and back to the lower back
10. Continue with small circular effleurage over the lower back.
11. Starting at the base of the spine, knead upwards along the spine, circle the scapulae and push up into the neck, over the shoulder, around the scapulae and back to the lower back
12. Move to the right side of the bed, flat palm strokes from lower back, up next to the spine, around the scapular and down the arms x3
13. Remove compress from the Hot cabinet/steamer. Check temperature of compresses, before applying it on the skin.
14. Take 1 compress, on left side the spine, effleurage starting at the base of the spine upwards, towards the shoulder, round the scapulae 3 times and slide down the arm, hand and back to the lower back
15. Continue with small circular effleurage over the lower back.

16. Starting at the base of the spine, knead upwards along the spine, circle the scapulae and push up into the neck, over the shoulder, around the scapulae and back to the lower back
17. Return to left side of the back
18. Remove 2 compresses – starting on left side of the spine, do big fanning circles from the base of the spine to the shoulders, slide down to the upper arm, Alternate circles of the upper up sandwich on each side the arm down to the hand x3
19. Repeat on right side
20. Remove 1 Poultice, standing on the side of the bed, perform figure eight over the scapulae
21. Put down poultice and perform freestyle should massage
22. Effleurage full back
23. Thumb circles down the spine starting from the base of the neck, down to lower back
24. Remove 2 compresses from the hot cabinet/steamer and standing at the top of the bed, effleurage from the base of the neck, down to the lower back, circling the lower back and hips x3 (Continue onto next movement)
25. Slide up the from the lower back, hips and circle the shoulder x3, continue down the arms and slide back up to the neck. Put down poultices
26. Manal effleurage of the back
27. Cover the back and stretch

Back of Legs:

1. Open the towel to expose the guest leg. Ensure guest is appropriately draped and covered to respect guest privacy
2. Apply oil to the leg in effleurage strokes, starting at the ankle upwards towards the upper thigh and back to the feet x3 Ensure to include soles of the feet
3. Cup heel in the palms of the hand and kneed the heel
4. Alternate thumb kneading on sole of the foot
5. Picking up and wringing of the lower leg, starting at the ankle to the knee. Divide the space into 3 pathways - inner, middle and outer
6. Thumb drainage up the middle of the calve, knuckle drainage up the sides of the calves x3
7. Continue up to the upper thigh and pick up, wring, knuckle the upper thigh
8. Effleurage lower leg x3
9. Remove 2 compresses from the hot cabinet/steamer. Ensure to check pressure is comfortable.
10. With compresses, effleurage the full leg starting from the ankle upward to the hips, circle with outward fanning at the hip and return back to ankle
11. Perform alternate outward circle from the lower leg upward towards the hip and return
12. Standing at the side of the bed, with 2 compresses, picking up of the calve muscles, slide up to the upper thigh picking up. Continue back to starting point
13. Full leg Effleurage with poultices – put down
14. Manual full leg effleurage
15. Cover the leg, stretch and repeat on the opposite leg

Turn guest face up

- Ensure to place a pillow under the guest head to ensure they rest comfortable
- Place an eye pillow for the guest to block out light exposure – please note that if a guest is claustrophobic you need to assess their comfort to place the eye pillow
- Ensure to place a bolster or rolled towel under the guest knee -this is to support the lower back
- Ensure to check pressure with guest at this point. Adjust if needed

Front of legs:

1. Open the towel to expose the guest leg. Ensure they are appropriately draped and covered to respect guest privacy
2. Apply oil to the leg in effleurage strokes, starting at the ankle upwards towards the upper thigh and back to the feet (ensure to include the top of the foot to allow oil for foot massage)
3. Effleurage from the foot, upper thigh and back. Next effleurage sliding 1 hand on the outside and 1 hand on the inside of the leg upwards towards the hip. Once you reach the thigh, cross over and slide back down to the ankle x3
4. Deep friction movements around the ankle using the ring and middle fingers x3
5. Deep stroking around the ankle using the ring and middle fingers x3
6. Thumb frictions between the metatarsals – start on area located between big toe and second toe. Continue to the small toe
7. Thumb frictions on top of each toe and back, slide or strip off
8. Perform picking up movement of the lower leg. Start from the ankle and work upwards to the knee, focus on the inner calve muscle x3
9. Perform picking up movement of the thigh muscle. Starting at the knee and work upwards to the hip in 3 sections, inner thigh, middle thigh and outer thigh x3
10. Remove 1 Poultrices from the Hot Cabinet/steamer and check temperature of compresses, before applying it on the skin.
11. Start with circles on the soles of the feet, then slide onto top of foot and circle. Proceed up the lower leg on the tibialis anterior muscle (outside of the lower leg)
12. Circle the knee, please take care of the kneecap and continue up onto the upper thigh
13. Figure of 8 on thigh x 3
14. Effleurage the upper thigh with poultrice hand on the outer thigh and manual hand on the inner thigh and return to the knee
15. Lifting of the outer thigh muscle starting at the knee and perform lifting circles upward toward the hip (clockwise on right leg and anti-clockwise on left leg)
16. Change poultrice to other hand and repeat on the inner thigh and slide back down to ankle
17. Manual effleurage to finish
18. Cover with towel, stretch and repeat on other leg

Arms:

1. Remove 1 Poultrices from the Hot Cabinet/steamer and check temperature of compresses, before applying it on the skin 1 poultrice, check the temperature.
2. Position the arm, palm facing upwards do stamping movements from wrist to shoulder. X3
3. Apply oil in effleurage movements, starting at the wrist and moving upward towards the shoulder. Round the shoulder, slide underneath the arm and downwards toward the wrist, include the hand x3
4. One the last effleurage, pick up guest hand and perform 1 handed palm and finger kneading of the lower arm, first on the inside and then change hands to continue on the outside x3
5. Support the wrist with both hands and continue with thumb frictions around the wrist x3
6. Slide to the metacarpals and perform thumb frictions between the metacarpals x3
7. Perform thumb frictions on each finger, starting at the tip of the finger, towards the hand and then slide back to the fingertip. Ensure to include the cuticle section x3
8. Perform horizontal and vertical thumb kneading on the palm of the hand
9. Flex and extend the wrist in gentle stretches – optional (do not do if guest has joint problems)

10. Rotation of the wrist in gentle circular movements – optional (do not do if guest has joint problems)
19. Place arm down on the bed and remove 1 Poultice from the Hot Cabinet/ steamer and check temperature of compresses, before applying it on the skin.
11. Place poultice on the hand closest to client. Full arm effleurage leading with the free hand and following with the poultice. Start on top of the hand to the shoulder, round the shoulder and return back to wrist.
12. Place Poultice in the other hand and while supporting the hand with free hand, circle the lower arm with lifting circles starting at the wrist towards the elbow (clockwise on right arm and anti-clockwise on left arm)
13. Repeat same on the upper arm
14. Figure of 8 on the upper arm, then slide back down to wrist
15. Manual effleurage of the arm
16. Cover with towel, stretch and repeat on the other arm

Decollate and Neck:

1. Stand at the top of the treatment bed, at the head of the guest
2. Apply oil with effleurage movement by sliding down from the neck, outwards towards the shoulder, around the shoulder towards the back of the shoulder and up the back of the shoulder towards the neck. Apply pressure at the occipital x3
3. Figure 8 over the decolletage. Place hands down, fingers facing each other, and slide from the center of the decolletage outwards to the left shoulder. Round the shoulder with the palm of left hands, followed by fingers of right hand then slide back to starting point. Continue towards the right shoulder and repeat x
4. Knuckling over the chest, shoulders, behind the shoulders and up the neck towards the occipital x3
5. Deep stroking over the outside of the shoulder, slide down to the elbow and back up x3
6. Finish with effleurage x3
7. Cover the check with towel and gently press and hold down the shoulders

Freestyle scalp massage.

