

Demo

Heat

**Spa Kur Therapy
Development Inc**

Health-enhancement-accessories-training

Dr Reinhard R Bergel PhD

1119 Mitzi Drive Mailing PO Box 1177

Calistoga Napa Valley CA 94515 USA

Tel (707) 942 6633 Fax (707) 942 0734

email DrB@h-e-a-t.com

www.h-e-a-t.com



BODY WRAPS AND PACKS IN SPA THERAPY

PHYSIOLOGICAL SYSTEMIC REACTIONS

indications contraindications

PRACTICAL APPLICATION & PROCEDURES

CONTINUING EDUCATION PROGRAM

The International Congress of Esthetics





BODY WRAPS

- DRY BLANKET WRAP
- COOL MOIST BLANKET BODY WRAP
- HOT MOIST BLANKET BODY WRAP
- KNEIPP BODY WRAPS
 - RULES ABOUT KNEIPP BODY WRAPS
- CALF WRAP, COLD TEMPERATURE
- WET SOCKS
- CHEST WRAP, COLD TEMPERATURE
- CHEST WRAP, HOT TEMPERATURE
- THROAT WRAP, COLD TEMPERATURE
- LUMBAR WRAP, COLD TEMPERATURE





KNEIPP BODY WRAPS

- **DEFINITION:**

Every wrap has its own specific effect on the system. However, all wraps relax muscles, break up and absorb body toxins, as well as stimulate the whole organism. The major function of the wrap is to stimulate the skin, which in turn influences the body temperature, the nervous system, blood circulation and the immune system. The effect of the wrap depends on its duration.

- **1.HEAT ABSORBING COLD WRAP:**

The cold wrap is used for reducing excess heat in the body, (e.g. during infection or high fever.) The wrap stays on until it is warm, usually 20-30 minutes. If the body temperature remains high, repeat the procedure.





KNEIPP BODY WRAPS

- **2.HEAT RETAINING COLD WRAP:**

The cold wrap stays on until it has warmed up and has increased the circulation in the wrapped area without increasing perspiration. The wrap stays on for about an hour. The linen cloth must be wrung out thoroughly.

- **3.PERSPIRATION INCREASING COLD WRAP**
(DIAPHORETIC WRAP)

The wrap stays on until the client perspires profusely after 1 ½ - 2 hours. After perspiration begins, the wrap stays on for another 15 minutes.





KNEIPP BODY WRAPS

■ TYPES OF WRAP:

- Chest Wrap
- Lumbar Wrap
- Foot Wrap
- Calf Wrap
- Hand Wrap
- Throat Wrap
- Shawl Wrap
- Short Wrap
- Leg Wrap
- Wet Socks

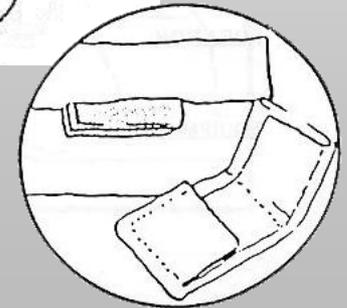
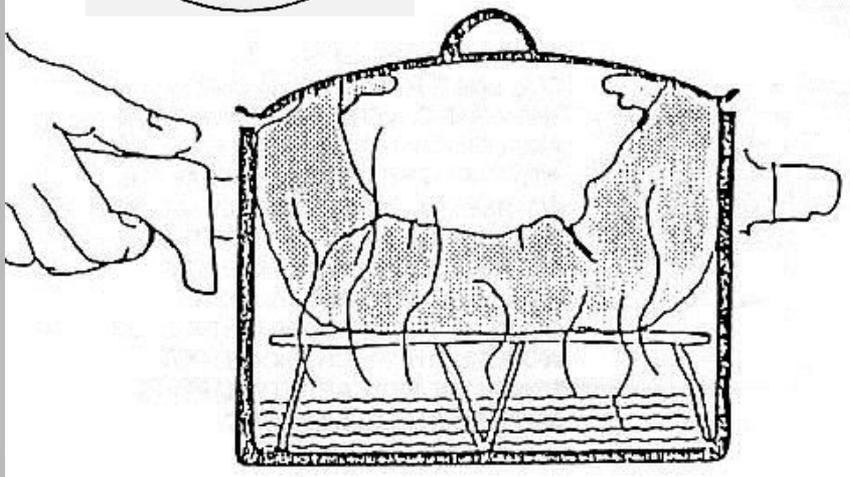
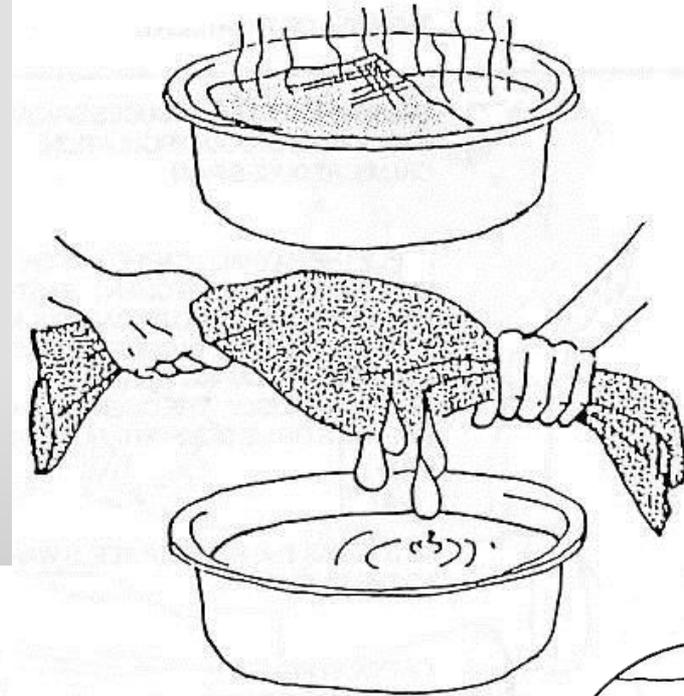
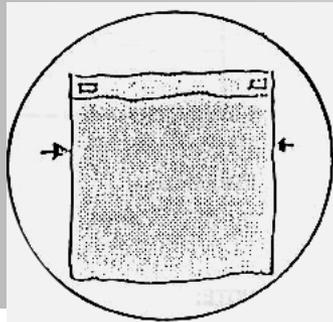
■ WRAP MATERIAL:

- **1. Coarse linen cloth** (interior cloth) lies on the skin, moist.
- **2. Cotton cloth** (middle cloth) dry on the edges,
2 CM wider than the interior cloth.
- **3. Wool blanket** (exterior cloth) dry on the edges,
1 CM smaller than the middle cloth.



Demo

KNEIPP BODY WRAPS, PACKS & COMPRESS



etc.



RULES ABOUT KNEIPP BODY WRAPS

1. Wraps are applied in bed. They can be administered cold, tepid, or hot.
2. Additives such as vinegar, argillaceous earth (clay), salt, and dried herbs are effective.
3. Digestive tract should be cleared prior to wrap.
4. Hot wraps must be applied as hot as possible. Burns must be avoided.
5. The wrap must be removed as quickly as possible.
6. After the wrap, the client should rest for 30-60 minutes.





CALF WRAP, COLD TEMPERATURE

- AN EASY TO USE, HOME REMEDY:
- MINIMUM EFFORT-MAXIMUM BENEFITS

- INDICATIONS:

Acute fever, local inflammation, venous inflammation, high blood pressure, over-exertion after standing or walking for long periods and insomnia.



- CONTRAINDICATIONS:

Acute bladder/kidney infection, sciatica, onset of fever, cold feet.

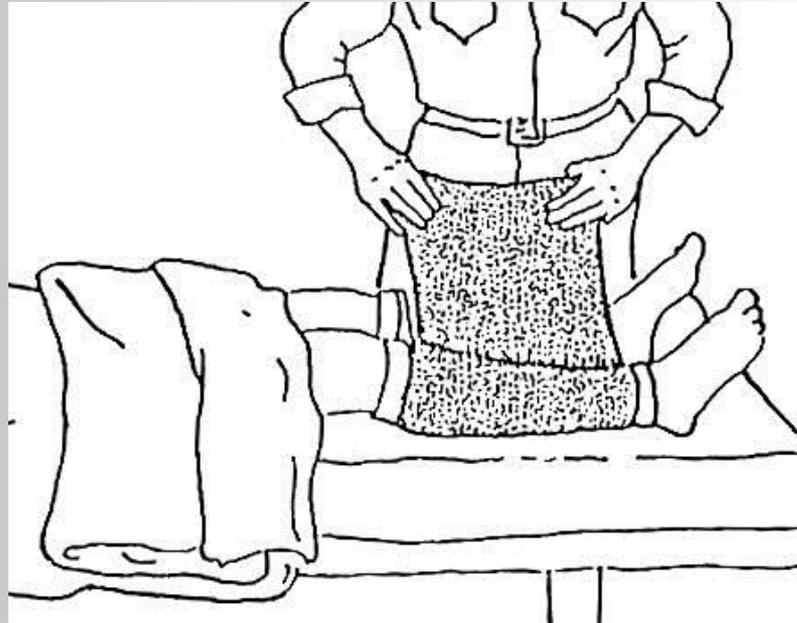
- EFFECTS:

Reduces inflammation, reduces pain, relaxes and lowers blood pressure.



Demo

CALF WRAP, COLD TEMPERATURE



■ EQUIPMENT:

- 1 Coarse linen cloth 12 in.x 30in.
- 1 Cotton cloth 13 in.x 30in.
- 1 Wool cloth 12.5 in.x 30in

etc.



CALF WRAP, COLD TEMPERATURE

■ TECHNIQUE:

Dip coarse linen cloth wrap into cold water and then wring out. Without wrinkling the cloth, wrap it snugly around the calf. The calf wrap covers the area from the ankle to the knee. Wrap the coarse linen (interior) tightly around the skin. The next layer is the cotton cloth which should be wrapped with a 2 inch overlap. The wool cloth is then wrapped as the exterior layer. Avoid extending the wool wrap over the cotton cloth. After the treatment, bed rest is recommended.

■ DURATION:

Approximately 15-20 minutes, or as soon as the wrap feels warm to the client.





BODY PACKS

- MUSTARD PACK
- HOT AND COLD FANGO MUD CLAY PACKS
- FANGO MOOR PACK ASCEND
- PARAFANGO-PARAFFIN FANGO-MUD PACK
- ALPINE FLOWER HAYPACK, GENERAL DESCRIPTION
- NECK HAYPACK, HOT TEMPERATURE
- LUMBAR HAYPACK, HOT TEMPERATURE





HOT AND COLD FANGO MUD CLAY PACKS

- **INDICATIONS:**

Chronic rheumatism, chronic neuralgia, chronic pain, non acute arthritis, muscle spasms, chronics sciatica.

- Hot sand, hot fango mud packs, and clay packs have been used for centuries by different cultures to relieve joint pain. The material used is either organic volcanic ash, peat from bogs, mineral sea mud, or clay from high mineral areas. All of these substances are available in powder form. Fango mud packs have extracting ability because the mineral content increases the heat and chemical action on the skin. Because clay and/or earth draw out poisons, such packs not only soften the skin and release tension around joints, but also absorb internal toxic or pathogenic material.



Demo

HOT AND COLD FANGO MUD CLAY PACKS

■ PROCEDURE:

1. Heat up the mud powder. Add water to soften it. Spread this in a one or two-inch thickness on a soft cotton cloth, slightly larger than the area you wish to cover. Place the hot mud directly on the hurt area. Cover the area with a dry lightweight cloth. Leave on until it dries (15-30 minutes). Rinse off with warm water, then splash with a little cool water.

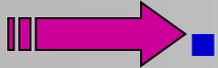


etc.



HOT AND COLD FANGO MUD CLAY PACKS

2. Remove the dried mud by sponging or showering it off, followed by a rain or needle shower. Dry gently with a mild cloth. If the body is still heated, keep the area warm and dry afterward.



CONTRAINDICATIONS:

Small applications of clay or mud will vitalize the entire body but immersion mineral mud baths are contraindicated in cases of heart disease, diabetes, high blood pressure, or arteriosclerosis.



Demo

AROMATHERAPY EQUIPMENT



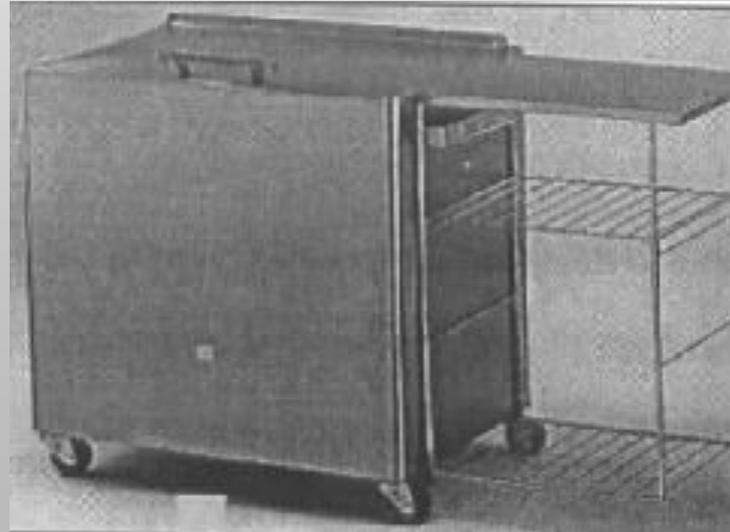
etc.

ALPINE FLOWER HAYPACK, GENERAL DESCRIPTION

- **TECHNIQUE:**

Moisten the herbal pack with water. Then place herbal pack in a steamer or in a hydro-infuser. Steam the pack for approximately 30 minutes. Remove the haypack carefully from the steamer and shake it with both hands.

Apply the haypack carefully. Observe the skin's reaction to the pack. Gradually wrap tighter. After wrapping, cover client with a blanket.





ALPINE FLOWER HAYPACK, GENERAL DESCRIPTION

- **DURATION:**

Remove the pack before it cools down (usually 45 minutes).
Have client rest for 30 - 60 minutes after the treatment.

- **NOTE:**

Be careful not to burn the skin, especially when haypack has just been removed from the steamer.

- **EQUIPMENT:**

- 1 Wool blanket
- 1 Linen cloth
- 1 Meadowflower herbal pack.



NECK HAYPACK, HOT TEMPERATURE

- **INDICATIONS:**

Tightness in the neck, cervical syndrome.



- **CONTRAINDICATIONS:**

Neuritis, inflammation of the skin in the area of treatment.

- **EFFECTS:**

Relaxes muscles, reduces spasms, increases blood circulation, stimulates metabolism, reduces pain.



NECK HAYPACK, HOT TEMPERATURE

- **TECHNIQUE:**

Apply the hot haypack tightly onto the neck. Be careful not to burn the skin. In order to avoid heat from escaping, wrap the haypack snugly.

- **DURATION:**

As long as the pack feels warm.

- **EQUIPMENT:**

- 1 Wool blanket
- 1 Linen cloth
- 1 Meadowflower haypack.





HOT COMPRESS

- GENERAL DESCRIPTION
- ABDOMINAL COMPRESS, HOT TEMPERATURE
- ABDOMINAL COMPRESS, COLD TEMPERATURE
- THE HOT ROLL





HERBAL AND MINERAL BODY MASQUE & WRAP THERAPIES

- VOLCANIC FANGO BODY MASQUE
- VALERIAN HERBAL WRAP
- SEAWEED WRAP
- SEAWEED BODY WRAP





VOLCANIC FANGO BODY MASQUE

- A rich body masque combining the revitalizing effects of mineral rich fango.
- **BEFORE TREATMENT**
Place blanket, electric blanket, plastic sheet and linen sheet on treatment table. Turn electric blanket to medium setting. Have knee bolster, a head pillow covered with a towel, ice water, glasses and drinking straws available. A short stay in the sauna to elevate body temperature and to relax clients is optional. Prepare the dead sea fango masque at this time.
- **FANGO MASQUE PREPARATION**
Pour 6 ozs. Of fango masque into a bowl.
Heat the masque to about 102 F; about 1 minute in a microwave oven. Longer in a hydrocollator or bowl of hot water.





VOLCANIC FANGO BODY MASQUE

- **FANGO MASQUE APPLICATION**

Have client lie down on stomach and apply masque beginning with legs. Cover the whole body. Move fast so the client does not get cold. Have client turn over and cover the front of the client's body with the rest of the masque. Wrap client tightly in plastic sheet. Then wrap electric blanket and blanket. After 15 minutes, unwrap client and have client take a shower



Demo

CALL: 1-888-473-4328
TO PURCHASE & DOWNLOAD

BODY WRAPS & PACKS
IN SPA THERAPY

thank you good bye
gracias hasta la vista
dankeschön auf wiederseh'n

Dr Reinhard R Bergel

www.h-e-a-t.com DrB@h-e-a-t.com