Body Wraps

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SUMMARY

Key Terms

Claustrophobia: The fear of being enclosed in narrow spaces.
Cryogenic products: A product that cools the body area to which it is applied.
Emollient: A substance that softens the skin by slowing the evaporation of water.
Fomentek: A type of water bottle that is designed to lie flat on the massage table.
Interferons: A protein secreted by some cells that protect them (and other cells) from viral infection.
Poultice: This is usually a cloth filled with heated herbs, clay or a medicated product spread on a cloth and applied to wounds or an injury.
Body wraps could be considered as the earliest known 'spa treatment'. The ancient Egyptians were using a body wrap when they embalmed bodies using herbs, resins and spices. This practice preserved body tissues and prevented degradation and decay. Emollient wraps in modern day spas have the same aim; to fortify the skin and prevent pre-mature aging. Many soft-tissue conditions can benefit from wraps aimed at decreasing chronic holding patterns, stimulating circulation and lymphatic flow, or by simply relaxing the body and providing time for reflection. Today, a wide variety of body wraps are used for cosmetic purposes, or to treat conditions such as rheumatism, low immunity, fatigue, and muscular aches and pains.

There are numerous ways to perform a body wrap, and as with any spa treatment, the therapist can mix and match methods to best meet their treatment goals. It is helpful to understand three different wrapping procedures; the hot sheet wrap, the ‘cocoon’ and the tension wrap. It is important to point out that the words ‘hot sheet wrap’ and ‘cocoon’ are used to differentiate two distinct procedures. This is a device to provide clarity and not meant to suggest that the word ‘wrap’ always means a hot sheet wrap, while the word ‘cocoon’ always means that the product is applied directly to the body. The words ‘wrap’, ‘cocoon’, ‘swathe’ ‘envelopment’, ‘envelop’ can all be used freely at the discretion of the therapist to describe any type of wrap.

The types of products that can be used in a hot sheet wrap or cocoon are limited only by the imagination. Table 7-1 gives a brief description of some different treatments that are currently offered in the spa industry. Table 7-2 provides an overview of some of the products that can be used with each type of wrap. As the reader can see, the products are often the same. The difference is in the way the product is prepared and the method that is used to wrap the client.

Before delivering the treatments described in this chapter the therapist may wish to review basic dry room equipment (chapter 2), spa draping (chapter 3), client positioning for product application (chapter 3), dry room and wet room removal techniques (chapter 3) and exfoliation techniques (chapter 6).

<table>
<thead>
<tr>
<th>SPA</th>
<th>TREATMENT NAME</th>
<th>TREATMENT DESCRIPTION</th>
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<tbody>
<tr>
<td>Double Eagle Resort and Spa, June Lake, CA⁵</td>
<td>DeVine Grapeseed Mud Therm</td>
<td>In this treatment the body is dry brushed before grape seed enriched mud is layered on the skin. This spa uses a piece of equipment called a Hydro Therm to enhance their service. The Hydro Therm is a combined steam cabinet and Vichy shower. The mud is steamed to facilitate product absorption and then the Vichy shower rinses the mud away. The treatment concludes with the application of a grapeseed lotion.</td>
</tr>
<tr>
<td>Sonnenalp Resort, Vail, CO⁶</td>
<td>Swiss Paraffin Dip</td>
<td>This service begins with a dry brush treatment and is followed by the application of body milk (light lotion). The paraffin is layered over the body milk and then the client is wrapped in thermal blankets.</td>
</tr>
<tr>
<td>Chateau Elan at St. Andrews Bay, Scotland⁷</td>
<td>Papaya a peel</td>
<td>The Papaya a peel begins with an exfoliation that uses Caribbean Sea sand and freshly mashed papaya. The body is then wrapped in a combination of coconut and yogurt.</td>
</tr>
<tr>
<td>Grand Geneva Resort and Spa, Lake Geneva, Wisconsin⁸</td>
<td>Ocean Essence Body Wrap</td>
<td>This wrap uses a seawater gel that is warmed and mixed with essential oils of lavender, ylang ylang, sandalwood, basil and sage. The service ends with a 30 minute massage.</td>
</tr>
<tr>
<td>Lake Austin Spa Resort, Austin, TX⁹</td>
<td>Babassu Butter Wrap</td>
<td>In this 40 minute treatment the client receives an aromatherapy steam, followed by a sugar exfoliation. Babassu butter (Orbignya phalerata) from the Amazon is applied to the skin before the body is wrapped. A face and scalp massage complete the service.</td>
</tr>
<tr>
<td>Lake Tahoe Resort and Spa, Incline Village, NV¹⁰</td>
<td>Mountain Rain Herbal Wrap</td>
<td>This treatment consists of a classic herbal hot sheet wrap and aromatherapy massage.</td>
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General Treatment Considerations

Before delivering any type of body wrap, a careful pre-treatment health interview must be carried out with the client to make sure that there are no contraindications for the treatment. The therapist should also be aware of problems that might arise during this particular type of spa treatment.

CONTRAINDICATED INDIVIDUALS

Very hot wraps, very cold wraps, or wraps that result in an aggressive detoxification should not be used on children, the elderly, pregnant women or those with a heart condition or high blood pressure. Hot wraps are contraindicated for those that have recently been in a car accident, suffered a soft-tissue injury, have rheumatoid arthritis, a fever (unless under the supervision of a medical doctor), or are contraindicated for massage. With wraps that use hot or cold temperature extremes, check that the client does not have any nerve damage that may interfere with their ability to sense hot or cold. These types of wrap increase the load on the cardiovascular system and kidneys, and may aggravate an existing condition. For example, clients with impaired circulation, or those with advanced or poorly treated diabetes, should not receive hot or cold wraps. Tension wraps are contraindicated for individuals with spider veins, varicose veins or weakened veins or arteries, or those with poor circulation.

HEALING CRISIS

Wraps may trigger a rapid detoxification of the body, which may result in a headache and nausea. It is normal for a client to experience mild detoxification symptoms. However, if the symptoms are intense, or if they occur during the wrap itself, remove the client from the wrap, encourage them to drink water and to rest at a comfortable temperature. If the client’s symptoms persist after they are unwrapped or if they get worse rapidly, the client could be in danger and the therapist should consult a physician or call the emergency services.

ALLERGIES OR SENSITIVE SKIN

Carefully check for allergies to herbs, essential oils, iodine which is present in seaweed, or other ingredients in the products being used, especially with hot sheet wraps. Heat increases the irritation potential of any product being applied. Individuals with sensitive or thin skin will often experience skin irritation with hot sheet wraps and are better treated with cooler cocoons.

MODESTY

In a hot sheet wrap the client should be wearing disposable undergarments or an old swimsuit so that they are always covered. During the wrap procedure they will need to lie down on top of the hot sheet quickly, after it has been unfolded by the therapist. To maintain their modesty they will wear the robe over the undergarments up until the moment they get onto the treatment table.

WHEN THE WRAP GOES WRONG

Like any spa treatment hot sheet wraps, cocoons and tension wraps require practice but even experienced therapists have days when the wrap goes wrong. For example, if the therapist cuts the plastic sheeting too short, they may try to wrap it around the client and find that they have a gap. The

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Table 7-2 — Hot Sheet Wraps & Cocoons

<table>
<thead>
<tr>
<th>HOT SHEET WRAPS</th>
<th>COCOONS</th>
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<tbody>
<tr>
<td>Herbal Coffee</td>
<td>Seaweed Emollient Aloe Essential oil</td>
</tr>
<tr>
<td>Mud Clay Peat</td>
<td>Paraffin Vitamin Seaweed</td>
</tr>
<tr>
<td>Milk Honey Cider</td>
<td>Mud Clay Peat</td>
</tr>
<tr>
<td>Juice Other</td>
<td>Mint Cryogenic Other</td>
</tr>
</tbody>
</table>

Indications for Hot Sheet Wraps

- Detoxifying
- Slimming Firming
- Cellulite Skin focus Sore muscle
- Revitalizing Immune boosting Weight loss

Indications for Cocoons

- Detoxifying Slimming Firming
- Cellulite Skin focus Sore muscle
- Relaxing Revitalizing Immune boosting
best practice in this case is to cover the gap with two bath towels and keep going with the treatment. If the hot sheet wrap turns cold before the client is wrapped, continue to wrap the client and then place a hot pack under the feet and turn the heat up in the room as high as possible. If the hot sheet wrap is so cold that the client is uncomfortable, the therapist has two options. The first is to start again by re-heating the wrap sheet and the client. The second is to offer an alternative treatment and give the client a gift certificate.

**CLAUSTROPHOBIA**

Even clients who have no previous experience with claus-trophobia can become anxious or panic stricken when wrapped up as tightly as they are in a hot wrap. It is recommen-ded that the therapist remains with the client at all times so that they can remove the wrapping if the client be comes anxious. Watch for signs of distress such as rapid breathing or a concerned expression on the clients face. As a compromise, the client can be wrapped with their arms outside the sheets and blankets, but this will result in heat loss which may reduce the effectiveness of the wrap.

**WRAPPING MATERIALS**

In a hot sheet wrap the therapist can choose to use two wrap sheets (both cotton, cotton and linen, cotton and muslin or cotton and fleece) or a wrap sheet and a bath towel. A bath towel is handy because it can be unfolded very quickly and so does not get cold before the client is wrapped. The only concern with the bath towel is that it is difficult to wring out completely and so may have very hot pockets that could potentially burn the client. If a towel is used for the hot wrap the therapist should purchase cheap, very thin towels rather than thick plush towels. Thinner towels wring out more easily and so are safer. Flannel sheets are also difficult to wring out completely and so are not advised.

**The Hot Sheet Wrap**

In a hot sheet wrap, the treatment product (herbs, coffee, milk, honey, seaweed, mud, etc) is dissolved in hot water. Two sheets (or a sheet and a bath towel) are steeped in the dissolved product and then wrapped around the client. This method is often used for detoxification treatments or where the goal is to stimulate metabolism as part of a weight loss program, to decrease water retention or to boost immunity.

Hot sheet wraps elevate body temperature creating an “artificial fever” that accelerates detoxification and decreases water retention through perspiration. FEVERS commonly occur during infection and inflammation. They are part of a natural healing response that intensifies the production of interferons, inhibits the growth of some microbes and speeds up chemical reactions involved in cell and tissue repair. Fever also increases the heart rate which speeds up the delivery of white blood cells and oxygen to body tissues. At the same time antibody production and T-cell proliferation increase, further boosting immunity. Despite the name, cold sheet wraps are hot wraps, and create the same response in the body as a hot wrap. The cold sheet ‘shocks’ the body which tries to quickly warm itself. This burst of warming body heat gets trapped inside the heavy wrap materials causing increased perspiration and detoxification. In a cold sheet wrap, the client should already be perspiring when they are wrapped in the ice-cold sheet. The client is ‘pre-heated’ in a sauna, hot shower, hot bath, hydrotherapy tub, steam cabinet, steam room, or by carrying out some sort of aerobic activity. If the client is not hot enough when they are wrapped in the cold sheet, the body cannot usually get warm enough to perspire and so the purpose of the wrap will not be achieved.

**HOT SHEET WRAP TYPES**

There are many different types of products that can be used in a hot sheet wrap procedure. Common hot sheet wraps include a herbal body wrap, coffee wrap, seaweed, mud, clay or peat wrap, milk and honey wrap, cider or juice wrap.

**The Herbal Body Wrap**

The herbal body wrap dates back to early medical practices in which herbs were applied to the body in a poultice to heal disease. Many ancient healing traditions including those of the Romans, Chinese, Native Americans and Indians, used herbs as medicine to decrease ‘toxins’ or ‘evil humors’ in the body. Today these treatments are marketed to jump-start a diet, support an internal cleansing regime, decrease pain and stiffness in muscles, decrease water retention, aid in a weight loss program, slim the contours of the body, or to rid the body of specific chemicals while breaking an addiction (i.e. nicotine).

In preparation for this service the appropriate herbs are placed in a muslin bag and soaked in hot water (165°) to make a strong ‘tea’. Usually about one cup of dried herbs is used per treatment (steeped in approximately 16 quarts of water). Table 7-3 provides some combinations of herbs for different treatment goals. Pre-mixed herbs are available from spa suppliers.

**The Coffee Wrap**

Coffee wraps have been used for some time in spa treatments to firm tissue and decrease water retention. Coffee has the same pH as the skin and is useful for evening out the skin’s texture and tone. A recent study conducted at Rutgers University by Dr. Allan Conney, found that caffeine lowers the risk of skin cancer in mice when it is applied topically. A second compound (EGCG) found in green tea was also
tested. This study has prompted the use of coffee and green tea as ingredients in after-sun products.

In preparation for a coffee hot wrap, \( \frac{3}{4} \) cup of finely ground coffee is placed in a muslin bag and soaked in approximately 17 quarts of hot water for 20 minutes. For a coffee and green tea wrap, \( \frac{1}{2} \) cup finely ground coffee and \( \frac{1}{2} \) cup of green tea leaves give good results.

The Seaweed, Mud, Clay or Peat Hot Sheet Wrap

Seaweed powder, mud, clay or peat can be dissolved in hot water and then used in a hot wrap. Add one tablespoon of powdered seaweed to approximately 17 quarts of hot water during the set up for a hot wrap. If mud, clay or peat is used as the hot wrap product, one cup is dissolved in approximately 17 quarts of hot water (stronger concentrations can be used if desired). Before delivering a seaweed or mud treatment, it will be helpful to review the contraindications for these products in chapter 9 (Fangotherapy) and chapter 10 (Thalassotherapy).

Sanitation

Used herbs, coffee, clay or mud should not be put down a standard drain after the treatment. Over time these items can block the drain or damage the pipes. Filter the water out using a strainer and throw the solid matter away separately.

The Milk and Honey Hot Sheet Wrap

Milk, buttermilk, full-fat milk and honey can also be used as a hot wrap product. This fragrant mix is deeply relaxing and will soften and smooth the skin. One to two cups of honey and two to four cups of powdered milk or regular milk are dissolved in approximately 15–16 quarts of water for this hot wrap (the concentration of the mix is up to the therapist).

The Cider or Juice Hot Wrap

Hot cider or juices such as orange, cranberry or pineapple can be used in a hot wrap to brighten the skin’s appearance, firm tissue, stimulate circulation, relax the body and stimulate lymph flow. At Christmas, cider and honey, mixed with wine mulling spices makes a deliciously aromatic seasonal hot wrap. One gallon of either juice or cider is mixed with one gallon of water and heated to 165°F.

THE HOT SHEET WRAP PROCEDURE

Dissolve the products chosen for the hot wrap in hot water (165°F) in either an 18 quart roaster oven or a hydrocollator. Fold the wrap sheets into tight squares (directions for folding are given in figure 7-1) and place them in the product solution (while it is heating in the roaster oven or hydrocollator) for 20 minutes. A stone or weight placed on top of the sheets will keep them submerged completely. The water must be hot enough for the sheets to be pulled out of the heating unit, wrung out, stored in a cooler and then
unfolded on the treatment table without becoming cold. If a cold sheet wrap is being used, place the sheet and towel in a bucket of ice water for 20 minutes.

It is helpful to set up the massage table at a lower height so that it is easy for the client to climb onto the table, and lie down on top of the hot sheet. If the therapist is going to deliver a full body massage after the wrap, the table needs to be higher to minimize physical stress. In this case the client should get onto the table using a small step stool.

A basic hot sheet wrap takes approximately 20–30 minutes to deliver. This does not include the pre-heating phase which takes up to 20 minutes beforehand. For this reason, a hot wrap it is often given together with other treatments or enhancers to create a more rounded and fulfilling service. To enhance the treatment, depending upon the equipment available, the client could be dry brushed on a wet table and a Vichy shower used as the heating phase just before the client is wrapped. Another idea is to give the client a refreshing body scrub at the end of the wrap to help them cool down and to remove the impurities released during the wrap. A toning massage (delivered with skin toner and not oil) could be given before the wrap, or a moisture massage could be given after the wrap. For an overview of the basic treatment see the hot sheet wrap snapshot and figure 7-3.

**Figure 7-1  Folding a wrap sheet.** (A) Open the sheet lengthwise across the width of the massage table and fold the long sides into the center. (B-C) Fold the two new sides into the center until the sheet is long and narrow. (D-E) Fold the ends of the long narrow strip into the middle until the sheet is square.
**Snapshot: Hot Sheet Wrap**

**Indications**
Detoxification, internal cleansing regimes, slimming, low immunity, low energy, water retention, to help with the treatment of an addiction (i.e. nicotine, sugar, soda), sore, tight muscles, certain skin conditions, to promote weight loss.

**Contraindications**
Heart condition, high blood pressure, pregnancy, vascular condition, neurological condition, illness or fever, acute condition, inflammatory condition, weakened condition, children, the elderly.

**Supplies for the Treatment Table Set Up (from the bottom layer to the top layer)**
1) Wool blanket placed horizontally so that the long edges fall off either side of the treatment table, 2) thermal space blanket placed horizontally, 3) **Fomentek** hot water bottle, 4) Pillow case to cover the Fomentek, 5) One bath towel placed horizontally at the top of the treatment table, 6) One bath towel placed horizontally at the bottom of the treatment table. The table set up is shown in figure 7-2.

**Supplies Needed for a Dry Room Treatment**
1) Insulated gloves, 2) Soda cooler, 3) Wrap sheets soaking in dissolved product in a heating unit, 4) Foot soak container filled with warm water, 5) Comfortable chair, 6) Warm neck pillow (optional), 7) Warm pack for the feet, 8) Robe and washable slippers, 9) Warm herbal tea, 10) Glass of water with a flexible straw, 11) Disposable undergarments, 12) Aroma mist

**Dry Room Procedure**
1) Foot soak and warm herbal tea, 2) Hot sheet wrap, 3) Process in the wrap, 4) Unwrap, 5) Session end (massage, body scrub, cool shower, etc.)

Facility with Sauna or Soaking Tub Procedure: 1) Sauna or hot immersion for 15 minutes, 2) Hot sheet wrap, 3) Process in the wrap, 4) Unwrap, 5) Session end (massage, body scrub, cool shower, etc.)

**Session Start**
Ask the client to change into a robe, slippers and disposable undergarments in the room where the treatment will end (so that their clothing is close by). The robe and slippers allow them to move about the spa in comfort. Escort the client to a sauna, steam room or wet room for step 1 of the service if such facilities are available. If step 1 (Increase Core Body Temperature) takes place in a dry room with a foot-bath, the robe makes it easy for the client to soak their feet and still keep warm.

**Sanitation**
It is important for the clients to wear disposable or washable slippers when they move about the spa or clinic to avoid cross-contamination with fungal infections. Robes and washable slippers must be freshly washed and dried (with heat) for each client.

**Step 1: Increase Core Body Temperature**
The therapist can elevate the client’s core body temperature in a number of ways. For example, the client can sit in a sauna or steam cabinet, soak in a warm hydrotherapy or standard soaking tub, receive a Vichy, Swiss or Scotch hose treatment, take a hot shower or rest sipping warm tea while they soak their feet in a tub of warm water. If a foot soak is used as the pre-heating method it is helpful to ask the client to drink a cup of warm (not hot) herbal tea while they relax. Hot tea must cool down and so the client will often leave it instead of drinking it. Warm flax seed packs or corn packs can be placed around the client’s shoulders, and a heat lamp can be used to further heat the body. The goal is to get the

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*Figure 7-2  Massage table set-up for a hot wrap. (A) The massage table is set from outermost layer to innermost layer as follows: wool blanket, thermal space blanket (shiny side up), and Fomentek (covered by a pillowcase). The hot sheet will be unfolded on top of the thermales space blanket (and Fomentek) directly before the client gets on the table and is wrapped up. (B) A bath towel is placed lengthwise, over the edges of the blankets on each end of the table. One of these bath towels will be used to wrap up the head and the other to wrap up the feet.*
client to perspire slightly before being wrapped, especially if the goal of the treatment is detoxification.

It is important to note that some clients will not perspire. They will feel warm throughout the treatment but never hot. This can happen even if the therapist does every step of the wrap correctly and efficiently. The hot sheet wrap is still relaxing, even if perspiration and therefore detoxification are minimal.

**Step 2: Final Preparation for the Wrap:**

The table is setup with the wrap blankets and a Fomentek hot water bottle before the treatment. While the client is soaking their feet, remove the sheets from the hot water solution. Using heavy, insulated gloves, wring the sheets (or sheet and bath towel) out as quickly as possible and place them in the cooler. If possible, the client should not see the therapist wring out the sheets with thermal gloves. The use of thermal gloves makes the client feel that the sheet will be too hot and so they hesitate when they get on the treatment table. This hesitation results in a loss of valuable heat.

Take the client’s feet out of the footbath and dry with a towel. The client stands on one side of the treatment table and the therapist stands on the other side. It is a good idea to describe the procedure to the client so that they know what to do at each stage of the treatment. When both
and therapist are ready, the hot sheet is removed from the cooler and unfolded as quickly as possible on the massage table. It is placed horizontally so that the long edges can be brought up around the client.

**Step 3: The Wrap**

The client removes their robe (they are wearing disposable undergarments) and places themselves in the supine position on the massage table while the therapist, holding the sheet on one side, looks away to preserve the client’s modesty. Clients often find that the sheet feels too hot on their gluteals and so it is a good idea to put a hand towel on the sheet where the gluteals will rest before the client gets on the treatment table. Men often find that the sheet is too hot on their genitals (disposable undergarments are very thin). To solve this problem the male client can hold a hand towel in front of their genitals so that this area is insulated when the sheet is wrapped over them.

The therapist quickly wraps the first hot sheet around the client. They then pull the second hot sheet (or towel) from the cooler and lay this on top of the first hot sheet. The second sheet is only unfolded as much as needed to completely cover the top of the client. Next, the space blanket and then the wool blanket are tucked around the client. This wrap works best if it is fairly tight and snug. The towel at the top of the table is brought up around the client's head in a ‘turban drape’ to lock body heat inside the wrap. The second bath towel is wrapped around the feet, and a hot pack (flax seed, hydrocollator, rice, hot water bottle, etc.) is placed under the feet for additional warmth. Once the client has been wrapped, a bolster can be placed under the knees (outside the wrap blanket). Throughout the wrapping process the therapist needs to move quickly and efficiently to trap the maximum amount of body heat.

**Step 4: Process**

The client usually starts to perspire within 5 minutes of being wrapped up. They may continue to perspire freely throughout the treatment. An aroma mist can be spritzed high over the client’s face at various points during the wrap. This cools and calms the client. The face can also be dabbed with a cool cloth if desired. Water is offered through a flexible straw every 3–5 minutes during the wrap. The flexible straw allows the client to sip water without lifting their head. It is important that the therapist stays with the client at all times to provide support and remove them immediately from the wrap should they become claustrophobic.

**Step 5: Unwrap**

At the end of the warp (the standard wrap time is between 20–30 minutes) the outer blankets and towels are removed leaving one sheet loosely draped around the client. When the client is ready they can sit up and slip back into the robe. Help the client from the table and offer them a seat. Once seated they can sip cool water and dry off with a hand towel. With most infused or dissolved wrap products, the client will not feel sticky or unclean after the treatment.

**Session End**

The treatment can end in a number of different ways. In the dry room option described above, the client is moved to a chair to sip water and cool down. While they are cooling down, put clean massage sheets on the treatment table. Once the client is back on the table, massage them with a light cream or gel. A gel-based product works well as it feels velvety and cooling to the client who may still be hot and perspiring slightly. Alternatively, a refreshing body scrub or body shampoo can be offered to remove the impurities released during the wrap. If a wet-room is available a graduated shower or cold plunge can be used to end the service. In all cases the client is asked to drink plenty of water for the rest of the day re-hydrate and ensure that the detoxification continues.

**Sanitation**

The thermal space blanket is often overlooked in the clean up process. Perspiration can soak through the wrap sheet and contaminate the space blanket. Spritz the inside of the space blanket with alcohol and let it air dry before it is folded and returned to a closed cabinet.

**The Cocoon**

In a cocoon the wrap product is not dissolved in water but is applied directly to the client before the client is wrapped in plastic and a blanket. While this type of wrap might still be used for detoxification and slimming treatments (i.e. seaweed, paraffin, etc), the client does not need to perspire for the wrap to work well. Sometimes this wrap procedure is used with a product that aims to cool the body tissues (e.g. a sunburn wrap). In this case the body is wrapped lightly in plastic to allow air to circulate around the client.

In a cocoon procedure the body is almost always exfoliated before the treatment product is applied (except in a sunburn wrap as exfoliation is contraindicated for sunburned skin). The removal of dead skin cells increases the absorption of the product into the skin.

**COCOON TYPES**

Many different types of product are used in cocoons. Cocoons can be based on an emollient product, aromatherapy products, paraffin or Parafango, cellulite or firming products, vitamins, aloe vera, cryogenic products, seaweed, mud,
clay, peat or other natural elements. Some cocoon products are shown in figure 7-5.

Treatment outlines for cocoons based on each of these products are given below. Unlike the hot sheet wrap there is a wide degree of variability in the way a cocoon might be delivered or enhanced. These outlines are just samples and are not meant to suggest that this is the only way to do a particular treatment.

Emollient Cocoon

Emollient cocoons make use of the healing qualities of medium to heavy lipids like shea butter, almond butter, evening primrose, wheat germ, jojoba, hemp seed and borage oil to revitalize the skin, increase the skin’s moisture content and to provide a moisture barrier. Often emollient cocoons are enhanced by adding essential oils that give the treatment a wider range of benefits. Hemp seed oil (Cannabis sativa L.) is of special interest to massage therapists because of its anti-inflammatory and pain relieving qualities. When used in a cocoon it is good for sore muscles and soft tissue conditions such as fibromyalgia and chronic pain. It degrades easily and so must be stored in a refrigerator at all times.

Shea butter comes from the nut of Vitellaria paradoxa (Synonym: Butyrospermum parkii), a tree found only in the semi-arid Sahel region of West Africa and Cameroon. Shea nuts have been traditionally been processed and used by women in West Africa to protect their skin from drying out in the hot African sun. As the demand for shea butter increases, international and local NGOs are starting to provide funding for modern processing equipment which has led to the availability of high quality shea butter in the USA.

Pure shea butter has a firm texture and must be slowly warmed in a double boiler until it is liquid before it is applied to the body with a brush and left to absorb. Excess shea can be massaged into the skin at the end of the service. Alternatively the shea is warmed until it is a liquid and then essential oils and a small amount of a fixed oil such as wheatgerm are added. The warm shea mixture is then whipped in a blender as it cools so that it has a frothy texture when applied to the body. Shea butter is composed mainly of triglycerides and linoleic acid. It is high in vitamins A, E and F. It has antioxidant, anti-inflammatory, anti-arthritic, skin soothing, skin healing and skin moisturizing properties, and is believed to bring relief from chronic skin diseases, scarring and stretch marks. It is finding its way into many hair care products as a small amount revitalizes dry, damaged hair.

An emollient cocoon using shea butter might be delivered as follows: 1) Exfoliation, 2) Warm melted shea brushed onto the body, 3) Cocoon, 4) Unwrap, 5) Full body massage using excess shea as the lubricant. If the spa or clinic has a steam canopy, the shea emollient cocoon can be delivered as follows: 1) Exfoliation, 2) Full body massage with whipped shea butter and essential oils, 3) Place a steam canopy over the client and steam the shea for 15 minutes, 4) Blot the client dry with a hand towel.

Aromatherapy Cocoon

An aromatherapy cocoon can be offered as a stand-alone service using pre-made blends, or as a more comprehensive service including a professional aromatherapy consultation, custom blending session, massage and wrap. The oils may be chosen for their physiological effects (i.e. detoxify the body, stimulate lymph flow, warm muscle tissue, etc.), or for their effects on the mind and spirit. The goal is to provide a space where body and mind can rest, be still and reflect while surrounded by inspiring and uplifting...
Figure 7-5  Types of cocoons. (A) Emollient (Shea): Shea, honey and other heavy butters, creams or oils are used in a cocoon to relax the body and rejuvenate the skin. In this particular wrap essential oils have been added to the Shea butter so it could also be considered and aromatherapy wrap. (B1–B2) Parafango: in a Parafango wrap a tension wrap is often used on target areas for slimming before the entire body is cocooned. (C1) Cryogenic: cryogenic products can make the client cold and so are often used for spot treatments. (C2) Some cocoon products (like this cryogenic product) are made with a component that causes them to rubberize after a short time. They are pulled off the client in one piece making clean up easy. (D1–D2) Natural elements (papaya and yogurt). (E) Seaweed or fango.
fragrances. Essential oils can be mixed into a number of different carrier products including seaweed, clay, Shea butter and aloe vera gel. Aromatherapy and blending are covered in detail in Chapter 5. A sample aromatherapy cocoon outline might be delivered as follows: 1) Aromatherapy consultation, 2) Custom blend, 3) Dry brush exfoliation, 4) Massage with essential oils in a massage cream, 5) Application of steamy aroma infused towels to the anterior body, 6) Cocoon, 4) Firming face massage while the client is cocooned, 5) Unwrap, 6) Aura mist to end the session.

### Paraffin or Parafango Cocoon

Paraffin provides deeply penetrating warmth to the area where it is applied. It traps heat and moisture at the skin’s surface which increases circulation and so helps with product absorption (sometimes a product like a cellulite cream will be applied under the paraffin). It is an effective treatment for chronic arthritis and painful joints. It also leaves skin feeling soft and supple.

Parafango is a combination of fango (mud) and paraffin with different melting points. It is heated and applied with a brush, or it is poured into forms to make large body packs. Parafango has been used successfully as a means of thermotherapy for such conditions as osteoarthritis, chronic conditions, muscular spasm and scleroderma. The superior heat retention properties of Parafango have led to its use in America for the reduction of cellulite and inch-loss in target areas. The flow of heat from Parafango is continuous and long-lasting. Traditional hydrotherapy packs cool within 30 minutes but Parafango packs remain warm for up to 60 minutes. Parafango is different than peat or mud in that it is designed for heat delivery and there is little or no absorption of minerals through the skin. The heat it delivers increases circulation and lymph flow, facilitates perspiration, helps with product absorption, decreases hypertonicity of muscular tissue, decreases pain and increases relaxation.

In a full body paraffin or Parafango cocoon the product is applied with a large application brush (large paintbrush size) and then covered in plastic using the sit-up method described in chapter 3. Sometimes gauze strips are dipped in the paraffin/Parafango and then layered on the body. As these two products are often used in cellulite treatments, a cellulite cocoon outline is described here: 1) Full body exfoliation, 2) Apply cellulite cream to target areas, 3) Apply paraffin or Parafango over the cellulite cream in target areas, 4) Cocoon, 5) Massage face or feet, 6) Remove the paraffin or Parafango, 7) Massage firming cream into target areas.

A treatment designed for sore back pain and using Parafango might consist of the following steps: 1) Client prone, apply Parafango to the back, 2) Massage legs, 3) Remove Parafango from the back and massage the back, 4) Application of a cooling, pain relieving aroma support lotion to the back, 5) Turn client supine, 6) Massage neck and shoulders to complete the session.

### Aloe Vera Cocoon

At tropical and resort spas it is not uncommon to see an aloe sunburn relief wrap included in the menu of services. Guests often overexpose themselves to the sun during the first few days of their vacation. Research has supported the use of aloe for dry skin, ulceration, acne, chapped skin, and to soothe the inflammation and itching in conditions like eczema, poison ivy and allergic reactions. A combination of aloe and essential oils that works well for sunburn is: 1 cup of aloe vera gel, 20 drops of German chamomile essential oil, 10 drops of lavender essential oil and 2 drops of peppermint essential oil. Mix well and apply this blend to the skin in a heavy layer (do not exfoliate sunburned skin).

A treatment outline might look like this: 1) apply aloe vera blend or aloe based treatment product with a brush, 2) cocoon in plastic and a light blanket for 20 minutes, 3) Massage the feet while the aloe absorbs (so long as the tops of the feet are not sunburned) 4) unwrap the client and apply cool coffee and/or green tea infused towels to the body and allow them to sit for 5 minutes, 4) Apply an after-sun lotion with gentle hands or with a brush without removing the aloe vera.

### Cryogenic Cocoon

Cryogenic products are often composed of a kaolin clay base with menthol as the active ingredient. Menthol increases peripheral circulation and affects cold receptors in the skin resulting in a cooling sensation. Besides the cooling effect, menthol has a numbing, pain relieving action that is indicated for use on stiff or sore muscles. It alleviates itching from skin conditions and stimulates circulation and lymph flow.

The problem with cryogenic products is that they may make the client cold – really cold. For this reason cryogenic applications work best as spot treatments. For a sports application the therapist can apply the cryogenic product to areas of particular stiffness such as the lower back, hamstrings and gluteals. The rest of the body is warmed with blankets, heat lamps or hot water bottles. A cryogenic sports outline might progress as follows: 1) Massage the back, 2) Apply a cryogenic product to sore areas of the back. Avoid covering the entire back as this will be too cold. Focus on one area of particular stiffness such as the upper back and shoulders, or directly down the spine, or on the low back, 3) Massage the legs, 4) Apply the cryogenic product to the hamstrings or lower legs, 5) Remove the cryogenic product from the back and apply a pain relieving finishing lotion, 6) Remove the cryogenic product from the legs and apply a pain relieving finishing lotion. 7) Turn the client to the supine position and massage the neck and shoulders to finish the treatment.

The therapist will notice that the cryogenic product used in figure 7-5 can be removed without water and hot towels. A component of this mask rubberizes shortly after it is mixed up. A number of different products are currently...
being formulated to rubberize and so can be removed easily without a shower or even hot moist towels.

**Seaweed Cocoon**

Seaweed has a number of positive benefits for the body when it is applied topically. It has been used successfully to promote endocrine balance, to reduce the symptoms of fibromyalgia, for detoxification, to decrease pain from sore muscles and to stimulate circulation and lymph flow. It is a popular choice for slimming and firming treatments as it increases skin tone and makes the body appear smoother and more contoured. Seaweed is discussed in detail in chapter 10 (Thalassotherapy). A general seaweed cocoon might progress in this manner: 1) Exfoliation, 2) Application of seaweed, 3) Cocoon for 20 minutes (massage the face and feet), 4) Removal of seaweed, 5) Full body massage.

**Fango Cocoon (Mud, Clay or Peat)**

Mud, clay and peat are therapeutically different and so will be used for different reasons in a treatment. Each of these substances is discussed in depth in chapter 9 (Fangotherapy). In general these substances can be used for musculoskeletal injury and health, or to refine the texture of the skin. A general fango cocoon outline might progress as follows: 1) Exfoliation, 2) Application of fango, 3) Cocoon for 20–30 minutes (massage the face and feet), 4) Removal of fango, 5) Full body massage.

**Natural Elements Cocoon**

Some spas specialize in using natural food elements like papaya, pumpkin, avocado, honey, yogurt, oatmeal or cucumber in cocoons. Often the food item will be mashed and spread on the body in the same manner as seaweed or mud. Many natural food items are beneficial for the skin and have pleasing fragrances. However, they do tend to be more messy and time-consuming than pre-mixed, pre-packaged items. Like the seaweed and fango cocoon, a natural elements cocoon will follow the standard cocoon progression: 1) Exfoliation, 2) Application of natural element, 3) Cocoon, 4) Removal, 5) Massage.

**THE COCOON PROCEDURE**

The procedure described here is a basic cocoon that can be used with a variety of products. As mentioned before, there are many ways to deliver this type of body wrap and so therapists are encouraged to explore other options or to modify techniques as they deem appropriate. For example, if a steam canopy is available the therapist can ‘steam’ the product instead of using wrap blankets. The procedure here ends with a massage but could just as easily end with a Vichy shower, or a hydrotherapy tub soak.

The therapist can ask the client to wear disposable undergarments, use standard draping practices, or use a combination of both. With a very messy product like seaweed or mud, standard draping can be challenging. The product invariably gets all over the drape and from the drape onto the floor, on the therapist, etc. In a wet room this is not so much of a problem as it is in a dry room. The simplest method is to start with the client wearing disposable undergarments, drape them as much as possible with a bath towel and have a heat lamp available for extra warmth. The cocoon snapshot and figure 7-6 provides an overview of this service.

**BOX 7-1 Broaden Your Understanding**

**The Vitamin Cocoon**

Vitamin cocoons use products that are high in vitamins A, C, B and E, to nourish the skin. Vitamin A helps to balance and normalize (in terms of pH and sebaceous output) dry skin, or skin that has been overexposed to the sun. High levels of Vitamin A (Retinol) are used to decrease fine lines and wrinkles. Vitamin B5 (panthenol) functions as a moisturizer and skin conditioner, while vitamin B3 (niacinamide) speeds the turnover of surface skin cells to clarify the skin and improve its texture. Vitamin E is a well-known antioxidant that acts as a natural preservative helping to decrease the development of wrinkles and discolorations. With age, the number of papillae in the epidermal-dermal junction in human skin is reduced, this restricts the supply of nutrients to the epidermis and contributes to skin aging. Vitamin C (ascorbic acid) decreases the oxidative stress on the skin and increases the number of papillae in the dermis.

Vitamin facials are currently a popular treatment performed by estheticians which has led in recent times to the availability of full-body vitamin products. Because the main goal of vitamin treatments is to improve the health of the skin, they are not usually within the scope of practice for massage therapists in most states. Vitamin products also tend to be a little expensive but usually have linked home-care products that generate a greater income for the spa or clinic.
Figure 7-6  The cocoon. (A) Exfoliation: exfoliate prone and then turn the client to the supine position. This way they are face up for the cocoon. (B1–B2) Product application. Apply the treatment product to the newly exfoliated body areas with massage strokes or with a large application brush. In these pictures the legs have already been treated and wrapped up in the plastic. (C1–C3) Cocoon. The plastic wrap and blankets are pulled up and around the client. The towel at the top of the table is wrapped around the head in a ‘turban’ drape and the towel at the bottom of the table is wrapped around the feet. Massage the feet or face. Notice that a light cotton blanket is used instead of a heavy wool blanket. A client does not need to perspire in a cocoon and so lighter wrap materials are used. (D1–D5) Removal from the cocoon: if the cocoon product does not need to be removed from the client (i.e. Shea butter) the client is left on the plastic for the remainder of the treatment (massage or application of a finishing product). If the product is messy (like this marine clay) it will need to be removed from the client and the plastic will need to be removed from the treatment table before the massage or application of a finishing product. These images were also used in chapter 3 with step by step instructions for moving a client from plastic to a massage sheet.
Contraindications
Contraindications are dependant on the product that is chosen for the treatment. For example, seaweed is contraindicated for pregnancy or thyroid disorders. A shea butter cocoon would be suitable for such individuals.

Supplies for the Treatment Table Set-Up
(from the bottom layer to top layer)
1) Blanket (wool or cotton) set horizontally so that the long edges fall on either side of the table, 2) Thermal space blanket turned horizontally (optional), 3) A plain flat sheet turned in its normal orientation on the table (if the product needs to be removed in a dry room), 4) A plastic sheet turned horizontally, 5) One bath towel placed horizontally at the top of the table, 6) One bath towel placed horizontally at the bottom of the table, 7) Drape. A Fomentek bottle might be used under the massage sheet if additional warmth is needed. The table set up for a cocoon is shown in figure 7-4.

Supplies for the Work Table Set-Up
1) Exfoliation product, 2) Treatment product, 3) Application brush or vinyl gloves, 4) Finishing product, 5) Aroma and/or aura mist, 6) Soda cooler, 7) Hot moist towels, 8) Dry hand towels, 9) Disposable undergarments
**Procedure**

1) Exfoliation, 2) Treatment product application, 3) Cocoon, 4) Processing time where the feet or face could be massaged, 5) Unwrap, 6) Application of finishing product.

**Session Start**

Because the client needs to be in a supine position for the wrapping up phase of the treatment, they must begin the service fully draped in the prone position.

**Step 1: Exfoliation of the Posterior and Anterior Body**

A number of different types of exfoliation can be given at the beginning of a cocoon treatment. Choose the technique that best supports the overall treatment goal. For a dry skin brush exfoliation will probably be given with a cocoon that aims to stimulate detoxification. A body polish might be given when the cocoon aims to relax the client. A salt glow would be most appropriate for cocoons that energize the body. Step-by-step directions for each of these techniques are discussed in chapter 3 (Exfoliation Treatments).

The way the exfoliation is conducted will be determined by the method of product application (discussed in Chapter 3): For example:

- **The Sit-up Method of Application:**
  1) Client prone, 2) Exfoliate posterior body, 3) Turn the client supine, 4) Exfoliate anterior body, 5) Apply product using the sit up method

- **The Flip-Over Method of Application:**
  1) Client prone, 2) Exfoliate posterior body, 3) Apply product to the posterior body, 4) The client ‘flips over’, 5) Exfoliate anterior body, 6) Apply product to the anterior body

- **The Side-Lying Method:**
  1) Client supine, 2) Exfoliate anterior body, 3) Position client in a side-lying position and exfoliate the posterior body, 4) Apply product, 5) Roll client to the other side, 6) Apply product

**Step 2: Product Application**

The product application method shown in figure 7-6 is the sit-up method (other methods are described in Chapter 3 (Foundation Techniques). It is therefore assumed that both the posterior body and anterior body have been exfoliated and the client is now in the supine position. The knees are bent and the treatment product is applied to both the anterior and posterior sides of the legs. The legs are flattened against the plastic body wrap and the client is asked to sit up (remove the bolster first). The treatment product is applied to the back and gluteals and the client is asked to lie back down. Finally the belly, upper chest and arms are treated and the client is wrapped in the plastic.

**Massage Application:**

If the treatment product is applied using massage, the therapist will exfoliate the posterior body and then apply the treatment product as in the flip-over method. It is a good idea for the therapist to wear gloves so that the hands don’t need to be cleaned. The treatment product is massaged in from the posterior legs to the gluteals and then on the back. Depending on the product a full range of strokes might be used. The client is ‘flipped’ and the anterior body is exfoliated and then massaged with the treatment product. The client is now in the supine position and ready for the cocoon.

**Step 3: Cocoon**

The plastic wrap is pulled up around the client and tucked in loosely. Next the outer wrapping materials are pulled up and around the client. The bath towel at the top of the massage table can be used around the client’s head in a turban drape, or tucked into the top of the cocoon. The feet are wrapped with the towel at the bottom of the massage table. Hot water bottles, heat lamps or warm packs can be used for additional warmth if they are needed.

**Step 4: Process**

While the client is ‘processing’ in the wrap, a relaxing face massage can be given using a face cream. Offer the client a sip of water or herbal iced tea through a flexible straw and mist them with an aroma mist or spring water. Once the face massage has been completed, the feet can be massaged. In a hot sheet wrap, the client is perspiring freely and will not appreciate either a face or foot massage. In a cocoon, enhancers like face massage, hot stone foot massage, reflexology, a scalp treatment or other special extras will help to make the treatment exceptional for the client.

**Step 5: Unwrap**

To remove the wrap the blankets are pulled off the client. At this point the client is still wrapped in plastic. The therapist now has two options based on the equipment available.

**Option 1:** If a shower is available the therapist can leave the client wrapped loosely in the plastic and move them to the shower. If the client has to go outside the treatment room to get to the shower, they will need to be draped over the top of the plastic with a bathrobe or sheet. As the client steps into the shower, the plastic is handed back to the therapist who throws it away. While the client showers, the therapist changes the treatment table to massage sheets. The treatment can end with a full body massage or with a quick application of a finishing lotion, cream or gel.

**Option 2:** If the product is messy and a shower is not available, the plastic sheathing will need to be removed completely from underneath the client as they are cleaned off with hot towels. With certain products that are not messy (i.e. aloe vera, Shea butter) removal of the plastic or product is not necessary. To remove a plastic sheet, a clean sheet will need to have been placed under the plastic when the table was made up. This procedure is described in chapter 3.
(Foundation Techniques) but repeated here for the therapists convenience.

The product is removed from the client’s arms, upper chest and abdominal area and the client is asked to hold onto their breast drape and sit up. The product is removed from the back and the posterior arm. The plastic sheet is rolled up until it sits as close to the gluteals as possible. The feet are wiped with a hot towel and the client is asked to bend their knees and hold their feet up. The plastic that is underneath the client’s feet is rolled so that the dirty side is rolled up. The client’s clean feet are placed on the massage sheet which was placed beneath the plastic earlier on (their knees are still bent). The product is removed from both legs with hot towels and then plastic is rolled up as high as possible under the gluteals. The clean legs are placed flat on the massage sheet and covered with a sheet or towel for warmth. The client lies back down on the massage sheet and slightly lifts up their hips for the plastic to be removed completely. The client is now draped with a massage sheet for the rest of the treatment.

**Session End**

The treatment can end in different ways as mentioned above. Some treatment products will absorb completely and so the finishing product is simply applied above. Some treatment products will absorb completely and so the finishing product is simply applied ‘over-the-top’ of the first product. The therapist may choose to provide a full body massage at the end of the cocoon. Alternatively, a full body massage may have been given before the wrapping up phase. With some treatment products, the skin does not need a finishing lotion or cream (i.e. emollient products). With others it does. An aura mist may be spritzed high over the client to signal the end of the session and fill the treatment room with a refreshing scent.

**Sanitation**

After every treatment product bottles and equipment should be sanitized with alcohol. This is important to prevent cross-contamination. For example, if the therapist massages the client’s feet, does not sanitize their hands, then picks up the bottle of finishing lotion, the bottle is now contaminated. If it is used on another client without being sanitized, the second client has potentially been exposed to an infectious pathogen.

**Tension Wraps**

A tension wrap is used in combination with a treatment product (e.g. cellulite cream) with the aim of ‘pushing’ excess fluid out of a limb (i.e. thigh), or to compress tissue so that it appears slimmer when unwrapped. Tension wraps also increase heat in a body area so that the area perspires and so detoxifies. The tension wrap is either made of terry cloth strips that are soaked in a treatment product (i.e. herbal infusion, dissolved seaweed, etc), or of heavy cellophane on a small roll. The wrap strip/roll is ‘circled’ up the limb or torso either with the treatment product on it, or over the top of a treatment product that has already been applied to the area. Tension wraps are controversial. Some therapists feel that treatments featuring tension wraps mislead clients into believing that these wraps can make them lose inches and weight. In fact, the results experienced with tension wraps are usually temporary. Other therapists swear by tension wraps and point to their popularity with clients. Tension wraps are offered in many spas and so the spa therapist should know the methods that are used in this type of body wrap so that they can make their own decision about this treatment’s viability.

It is important to note that tension wraps are potentially dangerous and can cause damage to blood vessels if a limb is wrapped too tightly. Over-tight wrapping most often occurs with the heavy cellophane wraps that are easy to pull tightly and twist to flatness against the skin. In one case of over-tight tension wrapping the client developed a varicose vein as a result of the treatment. The need for caution cannot be stressed enough. Do not apply a tension wrap to a client with poor circulation, diabetes, circulatory conditions, high blood pressure, spider veins or varicose veins.

The therapist may choose to measure the size of target areas before and after the application. Usually the mid calf, mid thigh, hips, waist and sometimes the upper arm are measured and treated. A session including the use of a tension wrap might progress as follows: 1) The client is measured, 2) Full body exfoliation, 3) Application of a specialized cellulite cream or firming product to target areas, 4) Tension wrap, 5) The body is cocooned in warm blankets to process, 6) Removal of the blankets and tension wrap, 7) Application of a finishing product to target areas.

**TECHNIQUES FOR TENSION WRAPPING**

If terry strip tension wraps are used, they are rolled up and then placed in a crock pot or roaster oven full of dissolved treatment product rather like the hot sheet wrap. The terry strips are then removed and wrung out before being placed in a soda cooler to keep them hot. The strips are then wrapped around the area that is being treated. Sometimes a treatment product such as a cellulite cream is applied underneath the wet tension wrap but not always.

If a cellophane wrap is used, the treatment product is applied directly to the client and then the area is wrapped. Sometimes more than one product is applied as in the case of a Parafango cellulite treatment. In this treatment a specialized cream is massaged into target areas and then covered by hot Parafango which activates the specialized cream. The tension wrap is applied on top of the Parafango.

The wrapping techniques are described using the cellophane wrap but wrapping with terry strips is carried out in
the same way. Cellophane is a bit easier to work with because it sticks to itself and so the therapist does not have to worry about it slipping. Terry strips will loosen and slip easily. The reader may notice that for some of the techniques described here the client is standing up. This is not the ideal because the client cannot fully relax during the session. In many cases a good wrap and noticeable results will be more important to the client than relaxation and so they won’t mind this positioning. Tension wrapping techniques are shown in figure 7-7.

**Figure 7-7 Techniques for tension wraps.** (A1–A4) Tension wrap of the legs—on table. Start on the foot and wrap up the leg. Move forward as you work higher. Twist the wrap to keep it flat against the client’s leg. (B) Tension wrap of the legs—standing. (C) Tension wrap of the hips and belly. (D) Tension wrap of the arms. (E1–E3) Removal of tension wrap.

**Tension Wrapping the Legs—Client on the Table**

With the client supine, unwrap a small bit of plastic from the cellophane roll and hold it in place on the client’s foot as you lift their leg at a straight angle onto your shoulder. While one hand holds the plastic wrap onto the foot, the other brings the wrap roll around the ankle to begin wrapping the client’s leg. Work distal to proximal twisting the wrap with each turn to keep it flat against the client’s skin.
The aim of the wrap is to encourage tissue fluid to move from the distal area of the leg towards the heart. As you reach the knee, lift the leg up from your shoulder and move your body weight forward as you continue to wrap the plastic. When you reach the hip, anchor the plastic under the client and repeat the process on the opposite leg.

**Tension Wrapping the Legs—Client Standing**

This is the easiest way to get a good wrap. The client stands with their legs apart. The therapist anchors the strip of plastic under the client’s heel and wraps from the ankle up the leg, twisting the plastic to keep it flat against the client’s leg. Once both legs have been wrapped, move onto the waist and hips.

**Tension Wrapping the Hips and Belly**

It is very difficult to get a good wrap on the hips and belly with the client supine on the table. If they are sitting up this does not work well either because their belly will pouch and so the wrap becomes loose when they lie down. It is easiest to get a good wrap with the client standing up. This way the therapist can move directly from the last leg they wrapped to the hips and then from the belly up to the top of the waist. The wrap is simply circled around the client’s torso and pulled tight. If the client is standing next to the table they simply lean back and swing onto the table to relax during the processing time.

**Tension Wrapping the Arms**

Usually the lower body is treated and allowed to “process” while the upper body is treated. The arm is wrapped from the wrist up to the deltoid even though the lower arm is not usually covered in treatment product.

**Unwrap**

To remove terry strip wraps, simply unwind them from the client’s body. Cellophane wraps are cut in a straight line up the front of the wrap using a specially designed safe cutter.

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**Sanitation**

The terry wraps should be stored in a closed, ventilated container after they are removed from the client. Straight after the session they should be laundered in hot water with a commercial grade laundry detergent and dried with heat. They are then re-rolled and stored in a closed cabinet.
SAMPLE TREATMENTS

Herbal Diet Right Wrap

PROMOTIONAL DESCRIPTION
This detoxification wrap is the perfect way to jump-start a diet or fuel a diet that has hit a plateau. The session begins with a Roman dry brush that stimulates circulation and lymph flow. Next the body is warmed with a soothing footbath and hot herbal tea. Linen sheets steeped in rosemary, juniper, ginger, clove and sage are wrapped snugly around the body to facilitate detoxification. The session ends with a relaxing application of seaweed firming lotion. Looking great never felt so good!

TREATMENT OUTLINE
The Roman dry brush is simply a dry brush with the word ‘Roman’ added for marketing purposes. Spas also use the words ‘Celtic dry brush’ for the same reason. Follow the directions for the hot sheet wrap using an herbal infusion for the treatment product. A list of spa suppliers is given in the resources section at the back of the book. There are many types of seaweed gel that can be used as a finishing product. It should be noted that inch loss and weight loss with herbal wraps is temporary only due to water reduction in superficial tissues. Herbal wraps do help to stimulate metabolism.

Café Cocoon

PROMOTIONAL DESCRIPTION
Don’t drink coffee – be wrapped in it! Coffee stimulates circulation, decreases water retention, tones, firms, and conditions the skin. Coffee culture begins with a revitalizing body buff and foot soak. Linen sheets, steeped in a steaming French roast, envelop the body to slim and soften. As a finishing touch, moisturizing lotion with green tea and caffeine are smoothed on to protect the skin from damaging sunlight.

TREATMENT OUTLINE
Begin the treatment with an exfoliation and then follow it with a hot sheet wrap using coffee as the treatment product.

Desert Nectar Honey Glaze

PROMOTIONAL DESCRIPTION
A relaxing body polish prepares the skin for the luxury of pure Arizona honey and rich buttermilk spun to a golden glaze. While enveloped in this nectar of the desert, enjoy a firming face massage and soothing foot rub. Steamy rosemary towels and a cooling mist of chamomile water, leave the body drenched and radiant.

TREATMENT OUTLINE
Follow directions for a cocoon using honey and warm buttermilk as the treatment product. For the body glaze, mix 1/2 cup honey with 1/2 cup hot water until it is dissolved. Add 1/2 cup buttermilk and brush on the body with a large application brush. Chamomile hydrolate (flower water) can be bought from an aromatherapy supplier, or the therapist can add 2 drops of German chamomile essential oil to 1 oz of purified water.
In a body wrap the body is enclosed in sheets or plastic and insulating blankets to trap heat. This stimulates detoxification through perspiration and helps the skin to absorb any products that were applied. Today a wide variety of body wraps are used for cosmetic purposes or to treat conditions such as rheumatism, low immunity, fatigue, muscular aches and pain, or simply for relaxation.

There are numerous ways to give a body wrap, but two procedures that work well are the hot sheet wrap and the ‘cocoon’. In a hot sheet wrap the treatment product (herbs, coffee, milk, honey, seaweed, etc) is dissolved in hot water. Two sheets are steeped in the dissolved product and wrapped around the client. In the second procedure, which is called a cocoon, the product is not dissolved in water but is applied directly to the body. The indications and contraindications will depend on which products are used. Hot sheet wraps tend to be more aggressive and therefore are more likely to be contraindicated for certain individuals.

In some treatments a tension wrap is used. Tension wraps are made of terry strips or heavy cellophane. They are wrapped around target areas to compress the tissue and make the area appear slimmer. Care must be taken to not wrap an area too tightly as damage to veins is possible.

REFERENCES


REVIEW QUESTIONS

Multiple Choice

1. A cold sheet wrap is a form of this type of wrap
   a. Detoxification and immune boosting wrap
   b. Cryogenic wrap
   c. French hydrotherapy wrap
   d. Skin care wrap

2. Hot wraps elevate body temperature and create an artificial fever. This
   a. Dehydrates the body and causes brain damage
   b. Accelerates the elimination of toxins through perspiration
   c. Causes a temporary reduction in immunity
   d. Causes antibody production and T cell proliferation to decrease
3. In a cold sheet wrap
   a. The body experiences a vascular flush effect
   b. The body shivers which tones muscles
   c. The skin is cooled which softens it texture
   d. The muscles contract which forces excess water from the tissues

4. The client does not need to perspire in this type of wrap
   a. Coffee slimming wrap
   b. Emollient cocoon
   c. Herbal hot sheet wrap
   d. Seaweed detoxification wrap

5. Many ancient healing traditions used ________ as a medicine to decrease toxic build up in the body.
   a. Aloe vera
   b. Shea butter
   c. Massage oil
   d. Herbs

Matching
Match the client to the most appropriate treatment option:

A. Herbal Detox Wrap  D. Aloe vera wrap
B. Cryogenic wrap      E. Shea butter wrap
C. Lavender and rose petal wrap

6. ________ Elderly client who is in good health but has minor circulatory insufficiency
7. ________ Healthy client who is about to start a diet
8. ________ Client with chronically dry skin
9. ________ Athlete who has sore and stiff muscles
10. ________ Sunburned client