

HYDROTONE THERMAL TREATMENT PROCEDURE

Consultation

- Consult with the bather prior to performing the treatment.
- Several aspects should be taken into account, particularly the medical aspect - please refer to the contraindications list.
- Explain to the bather exactly what the treatment will entail.
- Don't assume that they will know and this will aid their relaxation and comfort prior to the treatment..
- A laminated card in the locker explaining the undressing protocol for particular treatments, especially for hydrotherapy will benefit the bather.
- Ensure that there are adequate supplies of fresh towels, disposable underwear and a robe available for the bather in their locker.
- The bather should shower prior to steam, vichy shower and hydrotherapy tub treatments.

Please note: A Steam Bath, Sauna, or Jacuzzi bath are **not recommended** for at least one hour prior and one hour after a Steam, Vichy Shower or Hydrotherapy treatment. It is important that the bather rests for at least 20 -30 minutes following a treatment.

Preparation

- Ensure that the room is a comfortable temperature.
- Check that the lighting is not too bright.
- Towels, product, cup of tepid water, cold compress etc... should be prepared
- The wet table should be in place and the steam bar connected if the treatment is in the capsule.
- The Hydrotherapy bath should be filled if required. Do not add product until the bather enters the room so that you can show them the cleanliness of the tub.

Bather Considerations for Steam/Vichy Shower, Treatment and Process:

- Ensure that the lid is closed and check that the steam thermostatic mixer is set to maximum.
- Ensure that the master control is set to THERM.
- Press the prepare button to warm the table.
- Upon the bather entering the room explain the procedure again briefly.
- Open the capsule lid and swoosh the water pool of the wet table.
- Assist the bather with the removal of their robe and assist them onto the wet table. The steam can be activated at this stage.
- Ensure that the bather is aware of the position of the panic button.
- Select an appropriate essential oil for the aromatherapy pod. Blend 5-6 drops with water and swirl with your finger to disperse into the steam.
- Apply exfoliation product to the bather.
- It is recommended that you use the hand shower instead of the vichy to wash the bather off in preparation for the application of body masque.

- Adjust the steam thermostatic mixer to between 104-110°F/40-45° Ask the bather if the temperature is comfortable.
- There are 2 pre-set programs or steam and 3 drainage patterns to select.
Program 1 – 15 minutes steam, 5 minutes shower
Program 2 – 18 minutes steam, 2 minutes shower
- The steam treatment usually takes 15-20 minutes. Facials, Eye zone treatments and scalp massages can be performed in this time.
- Check that the bather is comfortable and offer a cold compress for the forehead.
- At the completion of the steam treatment, check the temperature of the thermostatic mixing valve for the shower and ask the bather to move their legs to one side.
- Press the test button and the foot shower will be activated for a 20 second period.
- Ask the bather to move a leg under the foot shower to approve the temperature.
- Another test will be required if the temperature is too hot.
- Once the temperature is acceptable manually press the showers, starting at the foot zone for 5 seconds, lower body zone for 5 seconds, upper body zone for 5 seconds, and chest zone for 5 seconds.
- There are 3 drainage programmes to choose from. Each pattern is programmes for 3 minutes.
- Press "Drainage" and the "increase" button on the timer to 1, 2, or 3 within 5 seconds. The program selected will then be activated.
- Alternatively press the "whole" button.
- It is not recommended to select drainage 2 or the whole button if the water pressure is weak.
- At the completion of the shower, open the lid slightly and pass a bath sheet inside the capsule for the bather to cover themselves. This ensures that the wet bather is kept warm when the lid is opened fully.
- If there is any product remaining on the bather's body, use the hand shower to rinse it off.
- Assist the bather to a sitting position and wrap the robe around them, prior to assisting them from the wet table.
- The bather will be very relaxed and a little drowsy. Sit them down for a few minutes and offer them a cool drink if water, prior to exiting the room.
- Allow them to relax for 5-10 minutes upon completion of the treatment.
- Escort them to the relaxation area and offer a Herbal Tea, Juice or Water. Fresh fruit is also suitable.

Treatment Suggestions:

Body Brushing
 Body Salt Exfoliation
 Body Polish
 Body Masques – mud's,
 seaweeds/Algae
 Aromatherapy applications
 Herbal wraps

Facials
 Eye Zone Treatments
 Manicures and Pedicures
 Hot Oil Hair Treatments
 Scalp Massages
 Pressure Point Facial Massage
 Hydro Colour Light Treatment