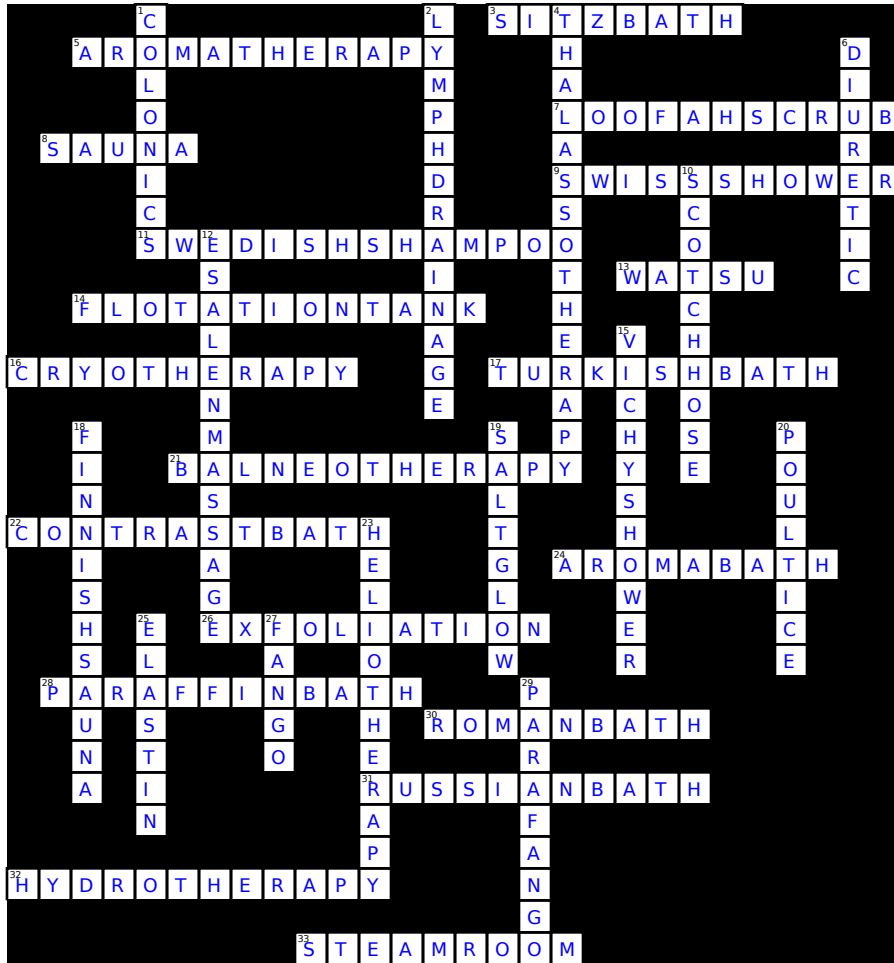


Crossword Puzzle



Across

- 3 A type of bath that uses a tub shaped like a chair. The client sits in the bath, with his or her legs and hips covered in hot water. Cold water is then added, and the feet are soaked in alternating containers of hot and cold water. This treatment is believed to stimulate the immune system.
- 7 a full body scrub with a loofah sponge and sea salt usually mixed with a warm oil (Avocado or almond). Its purpose is to exfoliate the skin and to stimulate circulation.
- 8 a dry heat, which increases body temperature and increases perspiration. May put strain on nasal passages, throat and lungs.
- 11 shampoo given on a marble slab using soap and skin brushing, usually washing and rinsing one part at a time and drying briskly.
- 13 a form of Shiatsu massage. Actually, the client hardly goes under the water but is cradled, rocked and massaged while being held in the water.
- 14 filled with approximately a foot of water, mixed with Epsom salts, at roughly the same temperature as the client's body. You float in this dark tank to promote relaxation.
- 16 using a cold for therapeutic purpose.
- 17 a hot air bath (Dry sauna).
- 21 using a bath for therapeutic purpose.
- 22 The immersion of a body part alternately in hot and cold water in one treatment
- 24 A type of bath using herbs and essential oils to induce relaxation and relieve stress. Similar to a herbal body wrap.
- 26 a treatment that the primary purpose is to rid dead skin cells from the body; from the Latin word exfoliates, which means 'to remove leaves'. The method of using a brush or using salt that is dipped in water and smeared on the body.
- 28 using melted paraffin (Wax) to dip body part in to build a paraffin glove to retain heat. Operating temperature 126 degrees to 130 degrees.
- 30 A type of bath that originally consisted of hot, warm, and cold pools, the term now usually applies to a hot tub or Jacuzzi with benches that can accommodate one or more people.
- 31 a body steam given with the patient reclining and head outside the steam room or cabinet.
- 32 the use of water for therapeutic purpose.
- 33 Area of wet, hot steam; promotes sweating, opening pores and ridding of toxins.

Down

- 1 washing out the colon 10-20 times over 45-60 minutes.
- 2 a big treatment in most spas, some therapist really push the fact along with body wraps it temporarily alters the state of cellulite. It involves gentle and pulsating pressure or massage of specific areas of the body located around the lymph nodes and toward the heart.
- 4 using seaweed for therapeutic purpose.
- 6 Increases urine production
- 10 high-powered water spray using hot or cold seawater or freshwater. An excellent invigorating, energizing and cleansing treatment.
- 12 a gentle massage therapy technique that uses long, stroking movements.
- 15 massage treatment requires that the client lie on a waterproof, cushioned mat as water of varying temperatures is sprayed onto him or her by a number of water jets, followed by an exfoliating treatment like dulse scrub, loofah body scrub or salt glow.
- 18 This sauna treatment is the traditional kind on which the modern saunas in most health clubs, gyms, and spas today are based upon. In a Finnish sauna, a fire (preferably using birch wood) heats a pile of stones until they are red hot. Water is then thrown on the stones to create steam. The client is then gently beaten with leafy birch twigs to stimulate circulation. The heat of the sauna helps to cleanse the client's body through perspiration.
- 19 a skin treatment used to clean pores, remove dead skin cells, and improve circulation; it begins with a brisk rub with a mixture of coarse salt, essential oils, and water. A gentle shower and body moisturizer that leaves the skin soft and glowing follows the rub.
- 20 Plant or herb compress aimed at relieving pain, swelling or irritation. The plant or herb itself is applied directly to the affected area, and then a cloth is wrapped over and around the plant or herb.
- 23 using sun for therapeutic purpose.
- 25 is what holds and maintains the shape of the soft tissue and skin, but it becomes increasingly inhibited with toxic accumulation. As already discussed, fat acts as a sponge for storing toxins.
- 27 the therapeutic use of mud, peat moss, or clay.
- 29 a combination of mud and paraffin wax.