



[ comfort zone ]

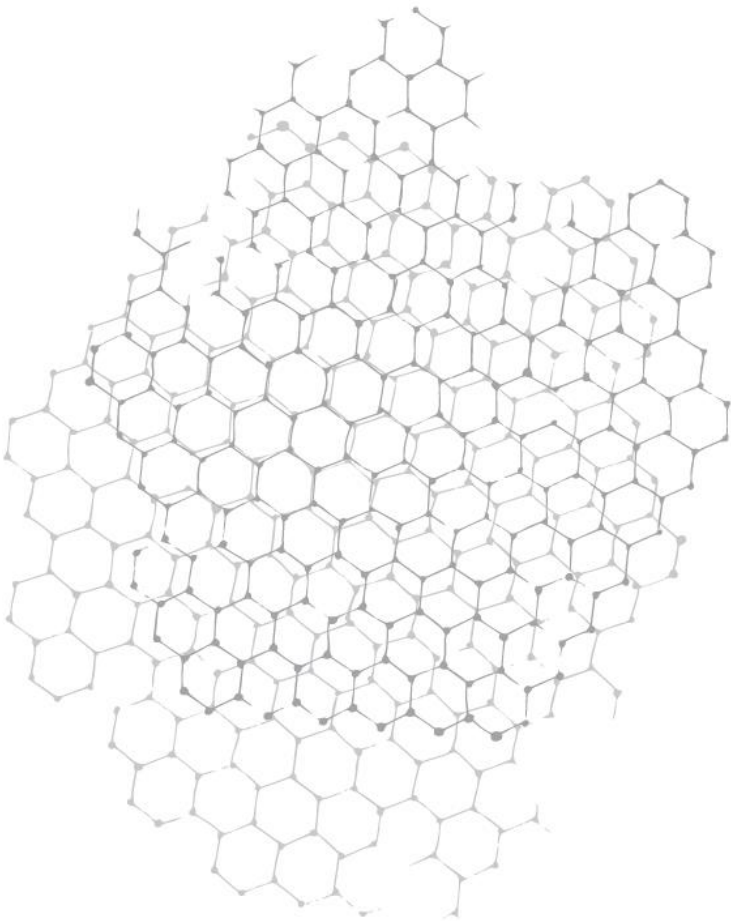
SKIN SCIENCE SOUL

# HIMALAYAN SALT MASSAGE RITUAL

TREATMENT  
DOSSIER

**“THERE MUST BE SOMETHING STRANGELY  
SACRED IN SALT.  
IT IS IN OUR TEARS AND  
IN THE SEA.”**

*khalil gibran*



# HIMALAYAN SALT RITUAL

## INSPIRATION

The **[comfort zone]** technical team, in collaboration with the Scientific Committee, reveals a new treatment-massage with a very positive and beneficial effect for the body's health and beauty.

Distinctive and yet simple to learn, effective and rapid in its results, the SALT MASSAGE is the fruit of a long research. Known since ancient times as a powerful remedy, its virtues have been recently proven by science at different levels, on metabolism as well as skin vitality.

## HISTORY

The crystalline salt of the Himalayas dates back to 250 Million years ago and has remained intact, being protected from the influence of the environment by the fact that it is in caves. We can use this information to our advantage and treat body and soul. With the precious help of this salt in which the sun has fused with the earth, it is possible to cooperate positively with the natural healing processes of our body, with particular reference to detoxification, invigoration and replenishment.

## SALT: ESSENTIAL FOR LIFE

**Every life form originates from the sea.** The human body is also a testimony to salt, considering that is made up of mostly salt water.

"Blood, sweat and tears" are the elementary components which are at the base of our body's vital processes. When these saline liquids are compromised in quantity and quality due to injuries, exertion, high temperatures, excessive emotivity etc. they need to be immediately restored, through the intake of water (pure water preferably) and salt of high quality, which contain many of the minerals and elements present in sea water.

However, it is key to remember that we are not talking about normal kitchen salt, which nowadays is refined, polluted and "corrected or adjusted". What we are referring to is an integral and natural salt: pink crystalline Himalayan salt.

## WHY HIMALAYAN SALT?

The quantity of substances contained in this type of natural salt vary, up to 92 have been listed, a few examples are :CALCIUM, POTASSIUM, SODIUM, MAGNESIUM, IRON, STRONTIUM, MANGANESE, COPPER. These vital substances are found within natural salt. These substances found in salt are not always the same and are not always found in the same amount. Even within the same cave, within the same cubic meter of salt, notable differences can exist.

## THE PERCULIARITIES OF SALT:

- The crystalline structure of salt is not molecular but electrical.
- Thanks to its ability to transform, salt does not need to be metabolized to be assimilated into the body.
- The osmosis, necessary for the metabolism of the cells, is controlled by salt.
- Without salt we would not be able to connect a single thought, let alone put it into action.

As much a healing “stone”, all mineral cubes represent the theme of order and regularity. If we tend to be fixed upon rigid principles of order, if we are resistant and stubborn, the cubic minerals help us to acquire flexibility, liberty and mobility. If however we tend to miss a sense of order or structure and find it difficult to maintain the rhythm of everyday life, the cubic minerals can help us to develop this sense of order and to integrate it gradually. As salt is part of these cubic minerals, the polarity of the two substances, Sodium and Chloride, the properties of the crystalline structure are further reinforced. For this reason salt is an almost perfect substance and very interesting from a therapeutic point of view.

## THE BALANCE OF THE OPPOSITES

The other peculiarity of salt is its perfect equilibrium (ratio 1:1) of acidic and alkaline character. Salt therefore represents the harmony between the opposites, and by acting in opposite ways, always has a rebalancing function. The acidic characteristics of CHLORIDE determines the solubility of salt and its capacity to disintegrate, which has a liberating and volatile effect. For its alkaline properties, SODIUM has the function to envelope, protect and to condense, forming and conserving the structure.

## THE STRUCTURE OF SALT

Just like water, salt contains a precise crystalline structure. Different to water, which is a tetrahedra, the reticular structure of salt is cubic. These cubes host the quantities of light known as photons, or pure energy. The luminous energy of the sun, which more than 250 million years ago, heated the primordial sea, was stored in the platonic body constituted by the crystalline reticulum, as a form of potential energy. Adding water to salt, the forces of the reticulum are more dominating, liberating energy which ionizes the elements contained in the crystalline salt and gives rise to a true sea of energy ready to generate life or conserve it. A crystal of salt immersed in water dissolves and produces the hydro-saline solution, a superior energetic dimension, which is neither salt nor water. An amazing feature of salt is that this element does not need to be metabolized by our body due to the fact that it has the ability to transform itself autonomously, whereas the assimilation of other substances bring with them the by-products of their transformation, e.g starch is converted into glucose, proteins in amino acids, fats into glycerin and acids. Salt remains salt, in solution, therefore in ionized form, it is immediately able to be used by our organism. Different to other elements which need to be broken down into single units to be used, salt is invariable in its form and makes itself available and reaches our brain in the form of hydro-saline solution. From crystalline salt we are able to take all that we are missing, the spectrum of frequency which completes us and the biochemical availability which we need.

## HIMALAYAN SALT RITUAL

### SALT STONE THERAPY BENEFITS

Massaging the skin with salt stones which are smooth and rounded has an intense and regenerating effect. The massage relaxes whilst at the same time maintains the spirit awake and present. Temporary hypersensitivity and/or redness often demonstrates that healing is in process.

At a physical level salt stones have a purifying and liberating effect: easing muscle aches and pains, stimulating metabolism and blood circulation. It is also very useful for skin and respiratory ailments such as asthma, bronchitis, allergic manifestations and neuro-dermatitis. During the proposed treatment the first activation of the body is with the Himalayan salt stones being massaged over the body, followed by an application of BODY STRATEGIST MASSAGE OIL and a coating of fine pink Himalayan crystalline. This is applied to the entire body, and then the guest is wrapped in a soft tissue sheet to ensure warmth and comfort and favours the osmotic exchange.

The ideal instrument to detoxify the body, with the benefits being comparable to those of a three day detox diet. The union of salt and oil creates a protective layer which facilitates the action of the components, leaving the skin renewed and elasticized immediately but also over time. Also indicated for those with very dry skins.

Our body perceives the salt wrap as a powerful tool to rebalance the weak bioenergetic points and to reinforce the vital life force. At the end of the wrap it is suggested to remove the residues with warm dry towels and thereafter to remove any excess product with a warm, damp towel.

The treatment is concluded with the application of two creams to completely rebalance the body. D-AGE for the upper part of the body, including arms, neck, décolleté and back. BODY STRATEGIST MASSAGE CREAM for the lower parts, intensifying the anti-cellulite action.

# HIMALAYAN SALT RITUAL

## TREATMENT PURPOSE

An exclusive detoxifying and revitalizing treatment for body and mind, combined with a specific massage modality which enhances its efficacy and pleasure. Thanks to the extraordinary composition of the Himalayan salt, rich in essential minerals, the treatment carries out an intense purifying and cleansing action, thanks to the use of the salt in its finest form for the body wrap, as well as in its sold form of salt stones for massage.

## RECOMMENDED

For everyone! Ideal for those who need to detoxify, lose weight and energize. A treatment which has been compared to a diet regime!

## BENEFITS

Eases muscle aches and pains.  
Stimulates the metabolism and improves microcirculation.  
Rebalances and revitalizes, restoring energy in times of intense physical and mental stress.

## DURATION

60 minutes

## PRECAUTIONS

None

## PROFESSIONAL PRODUCTS

8 X HIMALAYAN SALT STONES  
HIMALAYAN SALT  
BODY STRATEGIST MASSAGE OIL  
BODY STRATEGIST MASSAGE  
CREAM

D-AGE CREAM  
RECOVER TOUCH MASSAGE CREAM  
/ SACRED NATURE MASSAGE CREAM  
[comfort zone] SALT STONE HEATER,  
SALT WRAP SHEET, Mixer Bottles & Bowl

## TREATMENT STEPS

## PREPARATION

*Place a cotton wrap sheet on the massage table for the guest to lie on.*  
*Place 8 HIMALAYAN SALT STONES to heat on the STONE HEATER for 10 minutes*  
*In a small bowl mix BODY STRATEGIST MASSAGE OIL with approx. 2 tablespoons of Himalayan Salt and place in hot cabi to warm.*  
*Place 4 dry medium towels and 1 dry face towel in the cabby to warm.*

## WELCOME

Begin the ritual with the guest lying face up and perform the TRANQUILLITY WELCOME RITUAL FOR THE FACE using 3 drops of BODY STRATEGIST MASSAGE OIL

## SALT STONE MASSAGE

### PHASE ONE - SALT STONE MASSAGE

1. Massage the entire body with the warmed HIMALAYAN SALT STONES, ensuring that they have been adequately heated, and making sure they are not too hot before applying to the body. Use 4 stones for the anterior part of the body and 4 for the posterior part. Follow the sequence according to the massage diagrams, bearing in mind that 10 minutes per side is sufficient.

# HIMALAYAN SALT RITUAL

## WRAP & FACE MASSAGE

### PHASE TWO –

#### WARM OIL AND SALT CRYSTAL WRAP + FACE/SCALP MASSAGE

1. Beginning with the back: remove the salt and oil mixture from the caddy and apply gently to the whole of the back.
2. Proceed to the legs, spread the salt and oil mixture over entire leg. Repeat on other leg.
3. Turn the guest over and cover eyes with the warmed face towel. Apply salt and oil mixture to the leg and top of the foot and wrap securely in the SALT WRAP repeat on the other leg
4. Continue with the oil and salt application to the arms, chest and abdomen, cocooning the guest in the SALT WRAP as you proceed.
5. Cover the guest with extra towels/blanket to keep warm. Leave to process for 20 minutes. *(it is normal to feel some warmth and/or tingling sensations on the body due to the activity of the salt)* - During the processing time, massage the scalp and/or face and neck with either RECOVER TOUCH CREAM or SACRED NATURE MASSAGE CREAM.

### PHASE THREE –

#### SALT REMOVAL AND NOURISHING CREAM APPLICATION

## SALT REMOVAL

7. Either unwrap the guest and escort them to a warm shower or, Unwrap the leg and remove the salt residues using the preheated warm, dry towels. Bend the leg to remove from the back of the leg and then move the wrap sheet away towards the centre of the couch. Follow with an application of BODY STRATEGIST CREAM or D-AGE CREAM to the entire leg (front and back). Repeat removal and application on the other leg.
8. Unwrap the upper body and continue with salt removal following with an application of D-AGE CREAM to the arms, chest and abdomen.
9. Ask the guest to take a deep inhalation and then assist them to transition into a sitting position. Cover the back with a warm towel, compress over the back and remove the remaining salt. Fold the SALT WRAP over and roll in towards the lower back and follow with an application of D-AGE CREAM.
10. Assist the guest back into a reclined position. Remove the SALT WRAP from under client by asking them to lift their hips if mobility is possible.
11. If guest has showered apply an application of D-AGE CREAM OR BODY STRATEGIST MASSAGE CREAM to the entire body.

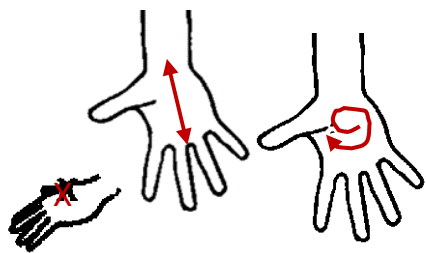
## CLOSING

TRANQUILLITY CLOSE and BRACELET. Offer a cup of herbal tea or longevity juice with the prescription card indicating the selected products and lifestyle tips to extend the treatment benefits also at home.

# SALT STONE MASSAGE

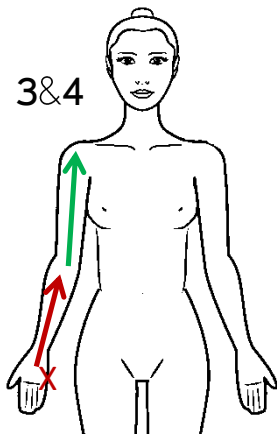
## FRONT OF BODY

1&2



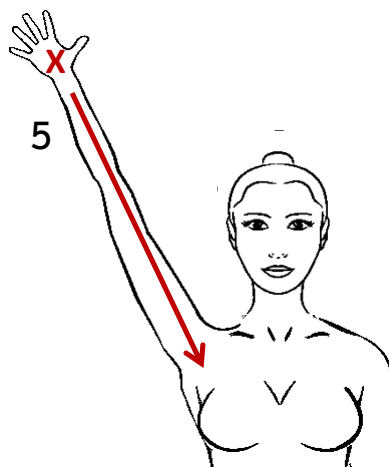
1. One stone placed on top of hand **X** the other glides up and down palm, wrist to fingers
2. Keep stone placed on top of hand **X** whilst the other performs rotations on the palm

3&4



3. One stone placed in the palm **X** the other **glides from wrist to elbow**
4. One stone placed in the palm **X** the other **glides from elbow to shoulder**

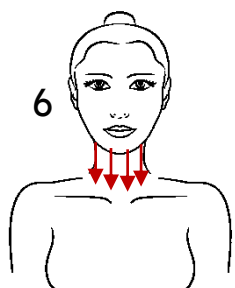
5



5. Lift arm up and back, hold one stone still in palm of the hand **X** the other glides from the wrist to armpit

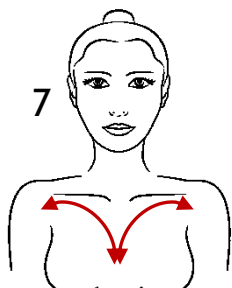
## REPEAT MOVEMENTS 1-5 ON OTHER ARM

6



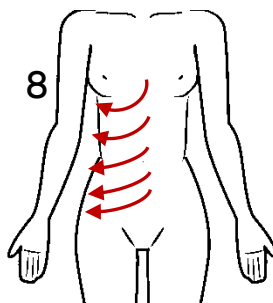
6. **Simultaneous** gliding movements along the neck and then repeat with **alternating** strokes in a downwards direction

7



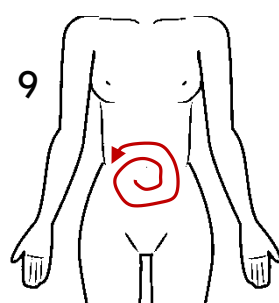
7. Simultaneous gliding strokes from sternum to shoulders - back and forth

8



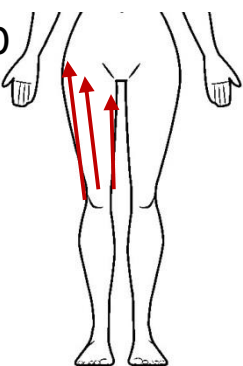
8. Alternating glides with flat stones on one side of the body, covering the entire torso (sternum to hips).  
REPEAT OTHER SIDE

9



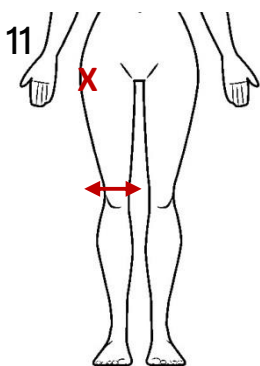
9. Using 2 stones, perform 3 slow rotations over abdomen (anti-clockwise)

10



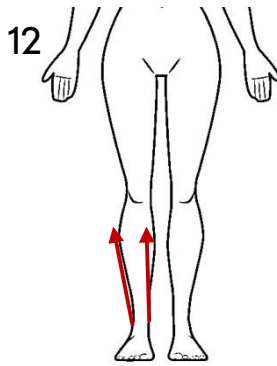
10. Alternating glides from knee to inguinals

11



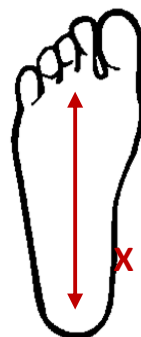
11. Place one stone at the hip **X**. Using the edge of the other stone, back and forth movements above the knee

12



12. Alternating glides from ankle to knee

13

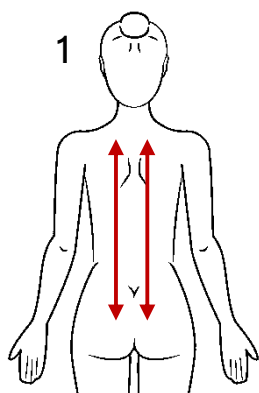


13. One stone placed at the ankle **X**, the other glides up and down the sole of the foot.  
REPEAT 10-13 ON OTHER LEG

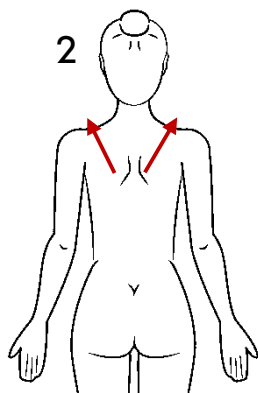


# SALT STONE MASSAGE

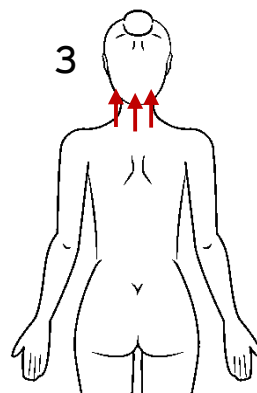
## BACK OF BODY



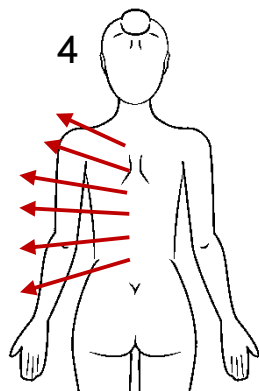
1. Long gliding strokes with both stones up and down the spine



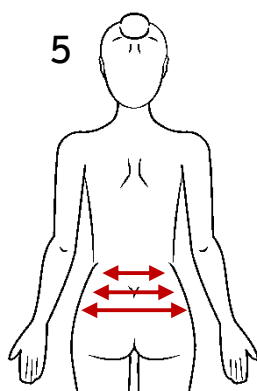
2. Alternating glides from the inner scapula to the sides of the neck (use edges of the stones).



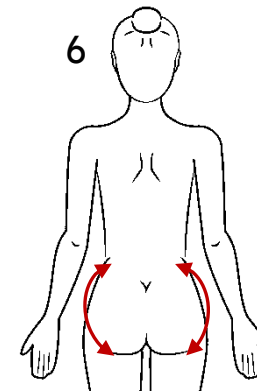
3. With the edges of the stones, small simultaneous stretches up the neck



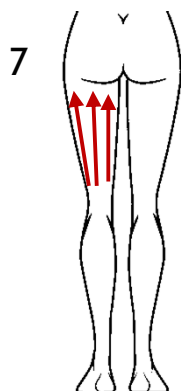
4. Alternating glides from the spine outwards - REPEAT OTHER SIDE



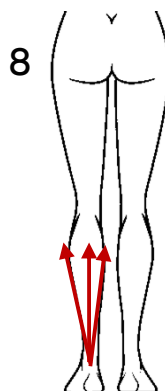
5. Alternating glides back and forth over lumbar and sacral area - use flat stones



6. Simultaneous gliding strokes along the sides of the hips and upper thighs, back and forth



7. Alternate glides up the hamstrings (from knee to the gluteal crease).



8. Alternate glides up the calf (from ankle to back of knee).

REPEAT 7&8 ON OTHER LEG

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