Skaistumkopšanas pakalpojumu izglītības programma

Profesionālā angļu valoda

SPA procedūru terminu skaidrojums

Skolotāja : Dace Cine

**SPA – „Sanus Per Aquam” – Veselība caur ūdeni !**

( tulk.no latīņu val.)

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|  | **BALNEOLOGY**   |  | | --- | | The science of baths or bathing, especially the study of the therapeutic use of thermal baths. |   *balneology [ˌbælnɪˈɒlədʒɪ]*  The branch of medical science concerned with the therapeutic value of baths, esp those taken with natural mineral waters  [from Latin *balneum* bath]  **AROMATHERAPY**  Aromatherapy massage uses essential oils derived from plants to affect your mood and alleviate pain.  **MUD AND PEAT**  Mud and peat ease your stress.Theurapeutic mud is collected from lakes or bogs with high percentage of minerals.  **COLD THERAPY**  The idea of cold therapy comes from japan. The treatment is administrated in a special cold chamber at extreme low temperature. A single session lasts from 1,5 to 3 minutes.  **HAND MASSAGE TECHNIQUES**  A massage is one of the client’s high priorities during the service. The basic massage motions are: effleurage, patrissage, wrinking or friction rotation, as well as rubbing techniques. Throughout the massage, blood circulation is stimulated supplying the skin with much-need oxygen, leaving it well-nourished. |