Skaistumkopšanas pakalpojumu izglītības programma

Profesionālā angļu valoda

Mācību materiāls: Aromaterapija, Balneoterapija, Dabiskie SPA produkti, tests balneoloģijā, vārdu krājuma apguve

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 **AROMATHERAPY**

Aromatherapy massage uses essential oils derived from plants to affect your mood and alleviate pain.

In aromatherapy massage, essential oils are mixed with a carrier oil like sweet almond, apricot kernel, or grapeseed oil. The massage therapist use up to five oils in a mixture, and chooses the oils based on what you need. A relaxing aromatherapy massage, for instance, might have lavender or bergamot, while a massage for sore muscles might include peppermint and eucalyptus.

Essential oils are a volatile, highly concentrated plant extracts, derived from leaves, bark, roots, seeds resins and flowers. They can also be used in hydrotherapy baths, facials and body treatments. You can also use them at home.

Aromatherapy should not be confused with fragrances or perfume oils. Fragrances are often made from chemicals, and lack the therapuetic properties of essential oils. So just because someone lights a scented candle doesn't make it aromatherapy!

Aromatherapy has been shown to carry many benefits in terms of wellness and stress relief. For example, one study showed that aromatherapy does indeed have an effect on brain waves, and can alter behavior. But not all scents are created equal, nor do they affect human physiology and behavior in the same ways. Here are some of the more popular aromatherapy scents used for stress relief, and their effects, with suggestions on how to make the most of them, so you can match the right scent with your aromatherapy needs.

**Rosemary's Aromatherapy Benefits**

Rosemary is associated with feelings of contentment. It’s been shown to have positive affects on performance and mood. Rosemary has also demonstrated the ability to reduce cortisol levels. This means that rosemary aromatherapy can be a good choice for de-stressing during the day when there is still work to be done.

**Lavender's Aromatherapy Benefits**

Lavender is associated with feelings contentment, improved cognitive performance (some measures) and mood as well, and has also shown other mild sedative and calming effects. It’s also been shown to reduce cortisol levels. It can soothe babies and new mothers alike, promote positive mother-infant interactions, and promote sleep in infants, and promote deep sleep in men and women, as well. This can be a great choice for anyone trying to relax for sleep or feel more calm and relaxed during the day.

**Peppermint's Aromatherapy Benefits**

Peppermint aromatherapy has been found to increase memory and alertness, which can provide a great pick-me-up for too-tired, too-busy people, stressed students, and the overworked.

 **BALNEOTHERAPY**

**Peloid** is [mud](http://en.wikipedia.org/wiki/Mud), or [clay](http://en.wikipedia.org/wiki/Clay) used [therapeutically](http://en.wikipedia.org/wiki/Therapeutic), as part of [balneotherapy](http://en.wikipedia.org/wiki/Balneotherapy), or therapeutic bathing. Peloids consist of [humus](http://en.wikipedia.org/wiki/Humus) and [minerals](http://en.wikipedia.org/wiki/Minerals) formed over many years by [geological](http://en.wikipedia.org/wiki/Geological) and [biological](http://en.wikipedia.org/wiki/Biological), [chemical](http://en.wikipedia.org/wiki/Chemical) and [physical](http://en.wikipedia.org/wiki/Physics) processes.

Numerous peloids are available today, of which the most popular are [peat](http://en.wikipedia.org/wiki/Peat) pulps, various [medicinal clays](http://en.wikipedia.org/wiki/Medicinal_clay), mined in various locations around the world, and a variety of plant substances. Also, [health spas](http://en.wikipedia.org/wiki/Health_spa) often use locally available lake and sea muds and clays. Peloid procedures are also various; the most common of them are *peloid wraps*, *peloid baths*, and *peloid packs* applied locally to the part of the body, which is being treated.

Peloid packs and, specifically, peat, have been used in Europe for medicinal baths and wraps for the past 200 years.

Peloid preparation varies in different spas. Typically, peloids are matured for a period of up to 2 years in special ponds.

"The majority of spas ... use artificial ponds where the natural ("virgin") clay is mixed with mineral, thermo-mineral, or sea water that issues in the vicinity of the spas or inside the spa buildings.

Peloid treatments have been used for [rheumatic disorders](http://en.wikipedia.org/wiki/Rheumatic_disorders), [osteoarthritis](http://en.wikipedia.org/wiki/Osteoarthritis), gynecological disorders, [sciatica](http://en.wikipedia.org/wiki/Sciatica), [skin diseases](http://en.wikipedia.org/wiki/Skin_diseases), [trauma](http://en.wikipedia.org/wiki/Physical_trauma) and many more various afflictions and ailments.

Peloids are widely used in [cosmetology](http://en.wikipedia.org/wiki/Cosmetology). They are applied as face masks. Applying peloid masks once a week helps to revitalize the skin, tighten it and bind fluids in the skin layers. Regular use of peloids cause wrinkles to disappear and prevents new wrinkles from appearing.

**Balneotherapy** (from Latin: balneum, "bath") is the treatment of [disease](http://en.wikipedia.org/wiki/Disease) by [bathing](http://en.wikipedia.org/wiki/Bathing), usually practiced at [spas](http://en.wikipedia.org/wiki/Spa).[[1]](http://en.wikipedia.org/wiki/Balneotherapy#cite_note-ShorterOxfordEnglishDictionary-1) While it is considered distinct from [hydrotherapy](http://en.wikipedia.org/wiki/Hydrotherapy),[[2]](http://en.wikipedia.org/wiki/Balneotherapy#cite_note-EncyclopaediaBritannicapp284-285-2) there are some overlaps in practice and in underlying principles. Balneotherapy may involve hot or cold [water](http://en.wikipedia.org/wiki/Water),[massage](http://en.wikipedia.org/wiki/Massage) through moving water, [relaxation](http://en.wikipedia.org/wiki/Relaxation_technique) or [stimulation](http://en.wikipedia.org/wiki/Stimulation). Many mineral waters at spas are rich in particular [minerals](http://en.wikipedia.org/wiki/Mineral) ([silica](http://en.wikipedia.org/wiki/Silica), [sulfur](http://en.wikipedia.org/wiki/Sulfur), [selenium](http://en.wikipedia.org/wiki/Selenium),[radium](http://en.wikipedia.org/wiki/Radium)) which can be absorbed through the [skin](http://en.wikipedia.org/wiki/Skin). [Medicinal clays](http://en.wikipedia.org/wiki/Medicinal_clay) are also widely used, which practice is known as 'fangotherapy'.

The term "balneotherapy" is generally applied to everything relating to spa treatment, including the drinking of waters and the use of hot baths and natural vapor baths, as well as of the various kinds of mud and sand used for hot applications. Balneotherapy refers to the medical use of these spas, as opposed to recreational use. Common minerals found in spa waters are[sodium](http://en.wikipedia.org/wiki/Sodium), [magnesium](http://en.wikipedia.org/wiki/Magnesium), [calcium](http://en.wikipedia.org/wiki/Calcium) and [iron](http://en.wikipedia.org/wiki/Iron), as well as [arsenic](http://en.wikipedia.org/wiki/Arsenic), [lithium](http://en.wikipedia.org/wiki/Lithium), [potassium](http://en.wikipedia.org/wiki/Potassium), [manganese](http://en.wikipedia.org/wiki/Manganese), [bromine](http://en.wikipedia.org/wiki/Bromine), and [iodine](http://en.wikipedia.org/wiki/Iodine). All these may be contained in the [peat](http://en.wikipedia.org/wiki/Peat) that is commonly used in preparation of spa waters. Resorts may also add minerals or essential oils to naturally-occurring hot springs. Though balneotherapy commonly refers to mineral baths, the term may also apply to water treatments using regular hot or cold tap water.

[Mud-baths](http://en.wikipedia.org/wiki/Mud-bath) are also included in balneotherapy, and the dirt and water used to mix mud baths may also contain minerals which are thought to have beneficial properties.

**Bath salts**Salts change the osmotic balance of the water so that less water is absorbed by the skin via [osmosis](http://en.wikipedia.org/wiki/Osmosis).[[*citation needed*](http://en.wikipedia.org/wiki/Wikipedia%3ACitation_needed)] Some bath salts such as [phosphates](http://en.wikipedia.org/wiki/Phosphates) have a detergent action which softens calloused skin and aids in [exfoliation](http://en.wikipedia.org/wiki/Exfoliation_%28cosmetology%29). Some bath salts act as [water softeners](http://en.wikipedia.org/wiki/Water_softeners) and change the way [soap](http://en.wikipedia.org/wiki/Soap) rinses. Some confusion may arise after a first experience with [soft water](http://en.wikipedia.org/wiki/Soft_water). Soap does not lather well with [hard water](http://en.wikipedia.org/wiki/Hard_water) and can leave a sticky feeling. Soft water lathers better than hard water but feels slippery for a longer time during rinsing of soap, even though the soap is coming off faster, because the soap remains soluble.

High concentrations of salts increase the [density](http://en.wikipedia.org/wiki/Density) of the water and increase [buoyancy](http://en.wikipedia.org/wiki/Buoyancy) which makes the body feel lighter in the bath. Very high concentrations of salts in water are used in many [isolation tank](http://en.wikipedia.org/wiki/Isolation_tank) therapies. Researchers have also studied their use in treating [arthritis](http://en.wikipedia.org/wiki/Arthritis).

**Mud wraps** are [spa](http://en.wikipedia.org/wiki/Spa) treatments designed to slim and tone the body, hydrate or firm the skin, or relax and soothe the muscles. Some mud wraps are also thought to relieve tired and aching[joints](http://en.wikipedia.org/wiki/Joints), ease [inflammation](http://en.wikipedia.org/wiki/Inflammation), and help to flush out toxins through [sweating](http://en.wikipedia.org/wiki/Sweating).

 A layer of [mud](http://en.wikipedia.org/wiki/Mud) is applied to the skin to detoxify, cleanse and firm. Mud is thought to ease water retention and cleanse the [pores](http://en.wikipedia.org/wiki/Sweat_pore) by drawing out impurities. [[1]](http://en.wikipedia.org/wiki/Body_wrap#cite_note-1) Treatments come in varied packages, with one common factor: mummification, or being wrapped in bandages over the mud that has been applied. Sometimes a pvc [sauna suit](http://en.wikipedia.org/wiki/Sauna_suit) is additionally used to contain the mud.

 QUESTIONARY

The U.S. Food and Drug Administration has warned against body wraps as a method of weight reduction, noting that "such treatment will cause a loss of inches and perhaps pounds due to profuse perspiration. But the reductions are temporary. The fluid is soon replaced by drinking or eating. But rapid and excessive fluid loss is potentially dangerous because it can bring on severe dehydration and can upset the balance of important electrolytes in the body. ... Wraps have no effect on fat deposits and will not dissolve fat, even temporarily. Fat is not broken down by perspiration, only when fewer calories are consumed than are needed to meet the body's energy requirements." **Find the answer to your questions here.**

Below is a list of all the most frequently asked questions that I have received over the years. I have done my best to answer them as clearly as possible.

If there is a question that is not covered on this page, or you would like more information about how body wraps work, or any information regarding body wrap products, please [contact us](http://www.wrapyourselfslim.com/contact/).

Please click on a question link below to read the answer:

[Q:  Can I perform the body wrap alone, or do I need help?](http://www.wrapyourselfslim.com/body-wrap-faq/#myself)

[Q:  Do I need any special equipment?](http://www.wrapyourselfslim.com/body-wrap-faq/#equip)

[Q:  I’ve tried a body wrap treatment before with no results. Will your product work for me?](http://www.wrapyourselfslim.com/body-wrap-faq/#results)

[Q:  Why do your body wrap formulas work?](http://www.wrapyourselfslim.com/body-wrap-faq/#work)

[Q:  Is a body wrap a compression or a water loss treatment?](http://www.wrapyourselfslim.com/body-wrap-faq/#sauna)

[Q:  How long does it take to perform a body wrap?](http://www.wrapyourselfslim.com/body-wrap-faq/#long)

[Q:  Will these body wrap treatments help everyone?](http://www.wrapyourselfslim.com/body-wrap-faq/#everyone)

[Q:  What do I wear while I am wrapped?](http://www.wrapyourselfslim.com/body-wrap-faq/#wear)

[Q:  What does “total inch loss” mean?](http://www.wrapyourselfslim.com/body-wrap-faq/#inch)

[Q:  Will the wrap help me to lose weight as well as inches?](http://www.wrapyourselfslim.com/body-wrap-faq/#weight)

[Q:  How many body wrap treatments will I need?](http://www.wrapyourselfslim.com/body-wrap-faq/#many)

[Q:  What will a body wrap do for my skin?](http://www.wrapyourselfslim.com/body-wrap-faq/#skin)

[Q:  What will a body wrap do for cellulite?](http://www.wrapyourselfslim.com/body-wrap-faq/#cellulite)

[Q:  What about problem areas such as thighs, stomach, etc…?](http://www.wrapyourselfslim.com/body-wrap-faq/#problem)

[Q:  How much weight will I lose?](http://www.wrapyourselfslim.com/body-wrap-faq/#lose)

**Can I do the wrap myself, or do I need help?**

Our body wrap treatments are extremely easy to perform alone, and do NOT require any help from others.  All of our kits include detailed instructions.

**Do I need some sort of special equipment?**

Our body wrap products are specifically designed to be performed in the privacy of your own home. You do not need any special equipment. The items you need to perform one of my wraps are wrap cloths, the formula/clay, and items that are found in most household kitchens such as a stainless steel pot, mixing bowl, spoon or tong

**I’ve tried a wrap before with no results. Will your formulas work for me?**

Our herbal formulas are different than any of the other body wraps that are currently on the market and do not contain potentially harmful or filler ingredients. Only the beneficial ingredients are required, which means a formula may contain only 3 to 4 ingredients. You will be amazed at the results that you will received from these body wraps even if you have tried numerous other wraps with little or no results.

The formulas will work as long as there is adequate absorption and circulation from the skin. I provide a program with each kit that will help you increase your skins ability to absorb and increase circulation. Your skin will be “fit” enough to absorb the formula. The techniques and information will also help with cellulite, water retention, blemishes, skin tone, and more

**Why do your body wrap formulas work?**

My body wrap formulas have been successfully for over 10 years and have undergone constant refinement. I consider my body wrap formulas to be the best out there, but don’t just take my word for it – salon and spa owners and home customers alike give glowing reviews

**Is a body wrap a compression or sauna-like water loss treatment?**

No, inch loss is not due to temporary compression or water loss. There is an element of this of course however the real benefit comes from the detoxifcation and drawing properties of the clay and compound, and the theraputic properties of the formula (should you choose to use it).

**How long does it take to get a wrap?**

It takes approximately 1-1/2 hours your first body wrap. You will be in your wrap for only 60 minutes, but additional time is needed for measuring, wrapping and unwrapping.

**Will these body wraps help everyone?**

Anyone who wants to lose inches, tone, tighten and improve the look and texture of their skin, including people with loose skin from weight loss or pregnancy. Also those who experience joint pain and inflammation will benefit from the therapeutic effects of a body wrap.***Everyone who wants to look and feel younger fast!***

**What do I wear while I am wrapped?**

You can wrap in the nude, or, women can be wrapped in a bra and panties or a bikini, and men can be wrapped in underwear or swim trunks.

**What does “total inch loss mean?**

Before wrapping, measurements are taken of various parts of the body (calves, hips, waist, midriff, abdomen, arms, etc.) and recorded on the chart included with my book. After the wrap, re-measure, and the your starting and ending measurements are subtracted to determine “total inch loss.”

**Will the wrap help me to lose weight as well as inches?**

A body wrap was designed to take off inches and detoxify the body. It is natural to experience a weight loss when you experience a fat loss.

**How many body wrap treatments will I need?**

That depends on the results you wish to achieve, the amount of loose skin you have, your commitment to following the tips provided within the instructions that accompany each order. To maximize your results, I recommend that you get wrapped once a week for 6 weeks. for maintenance and to continue detoxification, I recommend that you wrap once a month.

What about pre-existing medical conditions? Common sense says that, if you have medical problems, you should always obtain your doctor’s permission before you try anything new or different, a body wrap is no exception.

**What Will a body wrap do for my skin?**

Your skin will be conditioned and appear smoother and tighter after wrapping. If you have recently lost weight and need to tighten your skin and body, the body wrap is a quick and easy way to do this.

**What will a body wrap do for cellulite?**

One of the first things you will notice is a visible improvement in the cellulite dimples and ripples within the first few wraps. Results can usually be seen from the very first wrap, but individual results vary from individual to individual.

**What about problem areas such as thighs, stomach, etc…?**

If you have problems in only a few areas you can wrap the problem spots to make them slimmer. It is recommended that your first wrap is a full body wrap.

**How much weight will I lose?**

*A body wrap was designed to take off inches rather than pounds*. However if you follow the techniques included in each kit, weight loss will occur naturally.

 [**Organic products**](http://www.googleadservices.com/pagead/aclk?sa=L&ai=CweJXMxoQUbbwH7O8yAPtiYCoBMW06vMCpfScpk7AjbcBEAEg3Y-QGFDyx9ar-_____8BYK0DoAH7-PHiA8gBAakC2Pb2XldKmj6oAwGqBKoBT9DrbKu7iOsZgu5cnxrlaUQWJBTVMZJm4mNL_ozszlC3WlTG-VpDj9swssQH9bjfXANhDtWT0TSKG15lah_5TjoeIY4pAhvGRY8dp_jVlqf220YsvkMBg2dzDGqrw1wxXEnR0OnoOrb9PaUDnB-9iFWfVf7wTEMGbkV7XbJVTNPs6X5bw-0ATudGoskxWGkuHskIwV76EcMUUXkM9kLBe-w3n2zJMJEKETKIBgGAB-2Gjh0&num=1&cid=5GiZl-IOo8NSfMoeSC7p11ci&sig=AOD64_2oWGJ4cqbpQUt9EEvGr9zWQbz8lQ&client=ca-pub-3235755782694080&adurl=http://www.ekogija.lt/en)

**Facial Scrub**

Scrubbing your skin with a mildly abrasive material removes dead skin cells, leaving your face feeling and looking clean and soft. Two popular ingredients for homemade skin scrubs are oatmeal and sugar. If using oatmeal, run it through a food processor to make a fine powder first. Use a scrub made entirely with organic oatmeal or sugar or one made with equal portions of these main ingredients. Add enough organic aloe vera gel or distilled water to the dry ingredients to make a paste. Massage the paste over dry skin using your hands or a loofah, being careful not to get any paste into your eyes. After gently applying the paste to your face using a circular motion, rinse with warm water.

**Night Cream**

Homemade organic creams and lotions use a process called emulsification to mix oil and a liquid. Choose among organic grapeseed, almond, jojoba or coconut oil. You need 1 cup. The liquid may come from scented organic water, such as rose water, distilled water or aloe vera gel. Use any combination to total 1 cup. Also use about 2 to 3 tbsp. beeswax pellets. Check to make sure all of your ingredients have organic or certified organic labels. Heat the oils and beeswax until they warm and the wax melts. Use a blender, running on high speed, to mix the liquid and essential oil. Put the liquid in the blender. With the blender running, slowly drip the heated oils and beeswax through the top of the blender. When the blender makes a choking sound and the mixture turns white, you have successfully made an organic night cream. After the mixture cools, place it in jars.

**Body Lotion**

Make homemade, organic skin lotions the same way that you make night cream, but add 1/3 to 1/2 more water to create the consistency of a lotion. To enhance the lotion with a pleasing scent, add 10 to 20 drops of an organic essential oil such as rose absolute, lavender or lemon. Add the essential oil to the water; do not heat it with the other oils.

**Soap Balls**

Making homemade soap balls provides a fun project for children and the result can provide a personalized gift when placed in a box with a pretty ribbon. Begin with unscented organic soap in bar form. Use a cheese grater to grate two bars of soap into fine strands into a bowl. Add some dried rose petals or lavender blossoms. Add five to 10 drops of organic essential oil and approximately 1/4 cup of distilled water. Mix and roll into balls. Allow balls to dry for at least two days before storing.

Useful words, learn by heart:

Vitamin rich extract – vitamīniem bagāts ekstrakts

Marmot oil - murkšķu eļļa

Coconut oil – kokosriekstu eļļa

Cedar essential oil – ciedru ēteriskā eļļa

Eucalyptus oil - eikaliptu eļļa

Orange oil – apelsīnu eļļa

Lemon oil – citronu eļļa

Mint/pepermint oil – piparmētru eļļa

Chamomile - kumelīte

Cinnamon - kanēlis

Clove - krustnagliņas

Grape seed – vīnogu sēklas

Apricot kernel – aprikozu kauliņi

Lavender - lavanda

Almond - mandeles

Jasmine - jasmīns

Juniper – kadiķis

Peloid – kūdra

Mud – dūņas, dubļi

 Anti-aging cream – pretnovecošanās krēms

 Antiwrinkles cream – pretgrumbu krēms

 Tones the spirit – uzlabo noskaņu

 Appetite stimmulating effect – apetīti rosinošs efekts

Relaxing with anxiety and insomnia – lelaksē/samazina no nemiera un bezmiega

Soothing massage – mierinoša masāža

Moisturizing extract – mitrinošs ekstrakts

Weather protected cream – aizsargkrēms pret laika apstākļiem

Dry skin – sausa āda

Oily skin – taukaina āda

Sensitive skin – jūtīga āda

Dehydrated skin – atūdeņojusies āda

Lip balsam – lūpu balzāms

Lip gloss – lūpu spīdums

Nourishing cream – barojošs krēms

Nutrition cream – barojošs krēms

Organic skincare – dabisks ādas kopšanas līdzeklis

Scrubbing - berzēšana

Rejuvenation - atjaunināšana

Cleanse – definficēt

Jet – strūkla

Salt chamber – sāls istaba/kamera