



## Spa Show Relaxation Therapy

Use the Herbal Therapy Face Cloths & Herbal Support Sprays

Herbal Therapy Face Cloth goes on and all talking ends - (Enya playing soft in the back ground)  
Have them relax as much as possible

Take a deep breath in through your nose and out of your mouth  
Pause (leave a pause as much as possible it lets their minds wander)

Think of your favorite people in the world  
Deep breath in through your nose and out through your mouth

Imagine you are walking in a lush green meadow  
It is about 75 perfect degrees outside and you feel wonderful  
Deep breath in through your nose and out through your mouth

In the distance you see a hot air balloon  
It has the most beautiful colors you have ever seen

Walk to the balloon and climb inside  
The balloon begins to float close to the surface of the meadow, gently, softly you float  
Deep breath in through your nose and out through your mouth

As you float over the meadow you see beautiful trees and green grass  
In the distance you see a beautiful garden full of roses of all different colors  
Deep breath in through your nose and out through your mouth

You continue to float along gently on the breeze  
At your feet you see a white cotton bag with a draw string  
Look inside

As you look inside you realize it has all of your bills and cares and worries inside  
Pick it up and throw it over the edge

Your balloon lifts a little higher with the weight of the bills and cares now gone  
Deep breath in through your nose and out through your mouth  
Pause here as long as it takes for your hand massages to happen

Now you see another beautiful garden this time with wildflowers  
So many beautiful colors  
Deep breath in through your nose and out through your mouth

Your balloon is now headed back to the meadow where you first began  
As you return all of the sudden you see your family, the people you love most waiting for you  
they watch as you return gently to the ground  
As your basket lands they come to greet and hug you and you feel such joy

Now remove your face cloth

How do you feel?

That was about 4 minutes. Think of how powerful the mind is if we take just a little time for ourselves  
we can truly be happier and less stressed!

