

## **Herbal Wrap Sheets**

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### **Usage:**

- ❑ Prepare an herbal tea in a standard Hydrocullator or Moist Heat Unit.
- ❑ Insert two or more sheets into tub.
- ❑ Allow to absorb nutrients from tea for approximately 20 to 30 minutes.
- ❑ Remove sheets; remove any excess water and place in a hot towel cabi to maintain warmth and heat.
- ❑ Proceed with wrap covering the entire body.
- ❑ Follow same wrapping procedures for warmth as you would a typical wrap.
- ❑ Remove and moisturize.
- ❑ Machine washable – no harsh detergents or fabric softeners.

### **Hint:**

- ❑ Fold in a manner that is easy to unwrap in order to maintain warmth for client.