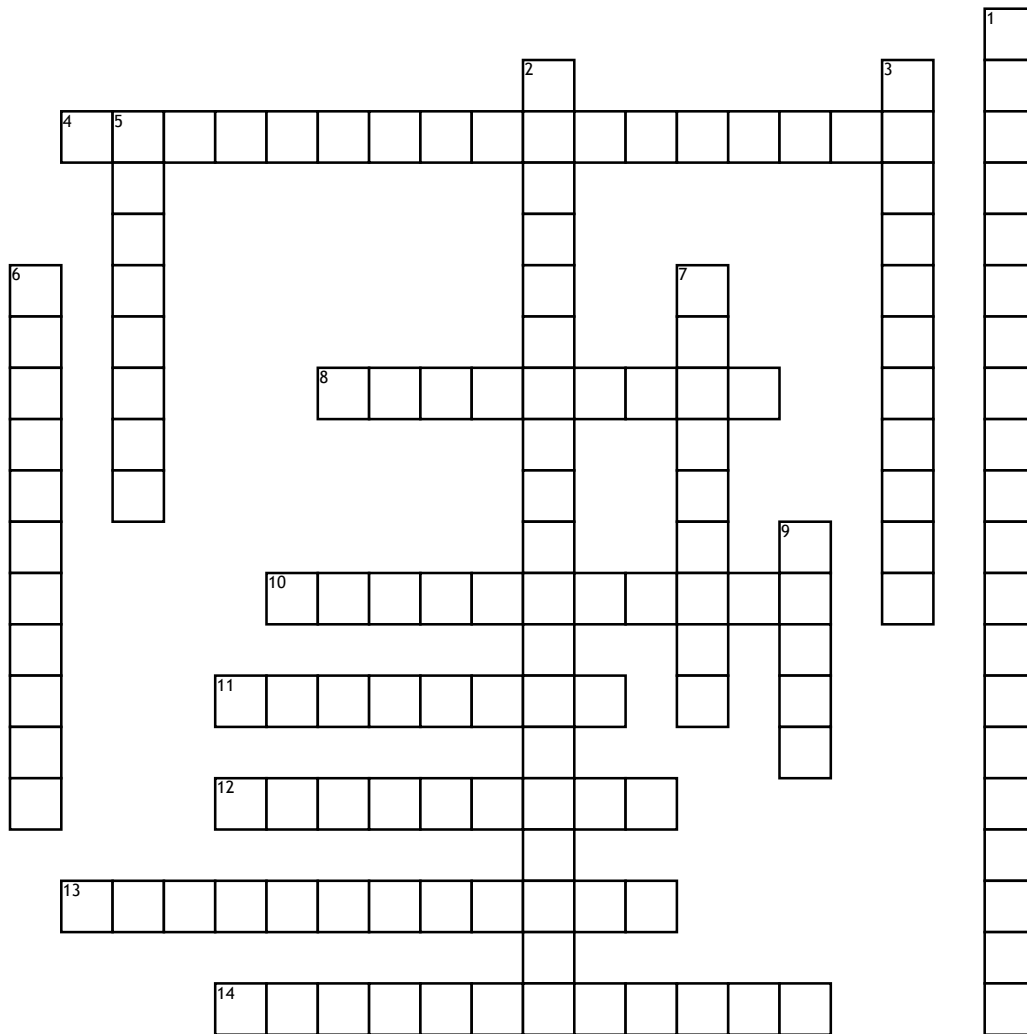


Name: _____

Date: _____

Advanced Treatments



Across

- 4. Light resurfacing of the stratum corneum
- 8. organic compounds with medicinal qualities; aka active ingrediants
- 10. Using Water, mud, seaweed, to create a premier spa treatment
- 11. soak an herb in alcohol to extract active ingredient

12. Boiling loose herbs

13. medicinal use of plants

14. Pressure on meridian points to help relax and heal

Down

- 1. increases blood flow at surface of skin
- 2. Gentle pumping massage move to help move lymph
- 3. Fights free radical attack

5. Steeping an herb in a container

6. Pressure points on hands, feet, & ears to help relax and heal

7. Creates a temporary tightness due to compaction and absorbtion

9. Clear fluid; works with circulatory system to carry out toxins and waste

Word Bank

circulatory stimulant
antioxident
Aquatherapy
tincture

decoction
alkaloids
Manual Lymph drainage
Infusion

microdermabrasion
Body Wraps
Accupressure

reflexology
Lymph
phytotherapy