

## **HYDROTHERM MASSAGE & THE HYDROTHERM ESSENTIALS EXPERIENCE**

### **What is it?**

The Hydrotherm Massage System and the ability to work with massage utilising cushions of water to support the client during treatment was designed and developed by British sports and remedial therapist John Holman.

### **A short history**

The Hydrotherm massage system was Originally conceived in March 1992 after John experienced the debilitating effects of carpal compression. The Massage system and its associated education programmes have undergone continuous development and assessment ever since.

Hydrotherm is an ingeniously simple example of the use of lateral thinking to solve the well documented cases of the condition known as Carpal Compression experienced by many therapists who work with the predominantly compressive nature of massage therapy, It became apparent that working this way considerably reduces the stresses upon the therapists lower back as well.

John's Company HTS (International) Ltd. Have trained some 4,000 therapists in the U.K. to date and are world leaders in the promotion and development of this way of working, and are proud to be associated with many of the most respected businesses in the United Kingdom, U.S.A., Canada, South Africa, Australia, Holland, and Belgium

### **The treatment (*The Equipment*)**

The treatment is carried out with the client fully supported on two warm water filled cushions (Hydrotherm Units) with additional supports provided for the lumbar and occipital regions (lumbar and supports Occipital).

The use of the system allows for a full body massage to be carried out without the need for the client to turn over half way through the treatment, further more as the client remains supine there are no face holes, cricked necks or arms hanging over the edge of the couch, best of all the client remains warm.

### **The treatment (*Training*)**

Hydrotherm massage is only available as a post-graduate course and is designed to build upon the therapists existing skills and understanding. Hydrotherm courses are all based around one day of training followed by a half day of review and assessment. Hydrotherm training is recognised by most of the U.K. major therapist Insurers.

### **Forest Essentials**

The Forest Essentials range of therapy products has enabled John and Hydrotherm practitioners to offer clients the opportunity to experience the ultimate holistic treatment using ancient Ayurvedic beliefs and sciences.

Ayurveda is a holistic system of medicine established in India over 6,000 years ago. In Sanskrit, Ayurveda translates to 'the science of life' and in India is often considered as 'the Mother of all healing'. The aim of Ayurvedic healing is to provide guidance on controllable elements of our lives, such as what we eat and our lifestyle, in order to improve and maintain well-being. It is testimony to the effectiveness of Ayurvedic healing that many Western treatments such as Homeopathy and Aromatherapy have their roots in this ancient Indian technique.

Ayurveda uses the inherent principles of nature to bring an individual back into equilibrium with their true self; i.e. it rebalances the body's five primary elements – ether or infinity, air, fire, water and earth. These five elements are then combined to create various physiological functions. Air and infinity combine to form Vata, which governs the principles of movement and is the force which directs nerve impulses, circulation, respiration and elimination. Pitta is derived from the Fire element, and is responsible for metabolism. The water and earth elements combine to form Kapha which is responsible for growth and protection. Each individual is made up of unique proportions of Vata, Pitta and Kapha and it is Ayurvedic treatment which rebalances these individual characteristics or Doshas when they are uneven.

The Hydrotherm essentials experience combines the lateral thinking of it's designer with the ancient wisdoms of Ayurveda to produce a truly unique treatment

### ***A Therapists journey with Hydrotherm – Andy Mills***

In 1997 I was introduced to the Hydrotherm Massage Therapy System by John Holman, the inventor and company owner (who I'd never heard of at the time). He made claims that the system was able to keep massage therapists in the industry longer due to the fact that this type of massage produced less stress on the joints of the hands, wrist and back of the therapist. They also claimed to teach to a very high standard.

Being the inquisitive and challenging therapist that I was, I decided to take Hydrotherm to task over their claims by investing in the system and it's training. I soon realised that the claims were well founded. The course was fun but challenging, improving my knowledge of massage to a great degree. Once I had passed my assessment and mastered the basics of Hydrotherm, I decided to take it further by enrolling and completing the Advanced Hydrotherm course. Again, my knowledge increased, but this time with the added bonus of being introduced to the importance of anatomy for a massage therapist.

As I developed my skills with the Hydrotherm system over the next couple of years, I decided I would love to pass on the knowledge and skills that I had gathered with regards to Hydrotherm to other therapists. I phoned John Holman up telling him that I was interested in becoming a trainer. He replied by telling me that if I wanted to take on the responsibility of training other therapists, then I should be prepared to improve my knowledge and performance to a much higher degree as well having to take on board the fact that I would need to learn how to teach to a high standard.

Being confident and headstrong I thought that this would be a walk in the park. How wrong could one person be!! John took me to task on everything that I knew. I thought my knowledge was pretty good as a therapist at the time, but soon found out that the responsibility of having to teach Hydrotherm and turn out quality therapists was a different kettle of fish. To cut a long story short, I completed the Teacher Training Level 1 with the highest marks achieved to date.

I later went on to complete their Massage During Pregnancy course and became a Level 2 trainer. I now carry out demonstrations all over Scotland, and being the Senior Trainer this side of the border I coordinate and carry out any training required in Scotland and the far north of England.

Hydrotherm has really opened up a new way forward in the therapy world for me. It is a phenomenal tool that I use for anything from a full body massage to remedial techniques used on clients with muscular and orthopaedic complaints. Therapists around Britain use it for body massage, remedial massage (also used as an assessment tool), sports work (performance athletes included), reflexology, cranio-sacral therapy, NMT, trigger point therapy, reiki, hot stone massage and an array of beauty treatments. The possibilities are endless with the system; you just need to tailor it to your own specifications.

For some unknown reason, Hydrotherm has been the best-kept secret in bodywork. However, things are changing and I now have students from Carlisle to Inverness and have also had enquiries from the northern isles. If you are interested in finding out more please don't hesitate to contact myself on 07789 171 180 or email me at [andy-mills@blueyonder.co.uk](mailto:andy-mills@blueyonder.co.uk)

**Contact John Holman at H.T.S. (International) Ltd., 81a High Street, Winslow, Bucks. MK18 3DG or by calling 01296 714254, faxing 01296 715958 or emailing [info@hydrotherm.co.uk](mailto:info@hydrotherm.co.uk). Why not visit the website at [www.hydrotherm.co.uk](http://www.hydrotherm.co.uk). John will be participating in the Trade Exhibition at the SMTO Conference 2005 so why not come along and see this for yourself.**

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