

Sensory Stimulation Kit **Theme: A Day at the Spa**

Supplies:

Kit Contents: Photos related to spas, massage oil, stones, candle, face masque, body scrub, extended bristle bath brush, tea, lotion, bead pearl gel eye mask, relaxation music (on my phone), nail polish, nail filer and drying hand towel.

Optional item: Pillow

Additional Equipment/Supplies Required: CD player/iPhone/iPod to play music, boiled water for the stones and to make the tea, a cup, soup scooper, and a sink.

Activities

Visual: Show the pictures of the the spa and ask the client to reminisce about a time where they were very relaxed (e.g., on vacation, at a spa, etc.). Discuss about these memories and ask if they are feeling relaxed lately. If the client is not, ask the client about the stressors they are experiencing and explain different ways to use relaxation techniques (e.g., deep breathing) during times of stress. If the client is relaxed, skip to the next part. Ask the client to close their eyes, relax and free everything from their mind. *You may want to use a pillow here and ask the client to lay down. Instruct client to slowly breathe in and out. As the client's eyes are closed, dim the lights in the room (if possible) and then light the candles. After a few minutes, ask the client to open their eyes and sit up. The client should see the visual changes in the room lighting and the energy of the room is supposed to change. The candles should create a more relaxed environment and impact the client's mood.

Auditory: Use the CD player, iPod, or iPhone to play relaxation music or sounds (e.g., beach, water falls). Ask the client how they feel and what do they image when the music/sounds are being played. Ask the client about any memories related to the music/sounds. In addition, discuss whether or not if they like the music/sound and share what they like/dislike it.

Tactile: Place items in a row and go through each item one at a time. Start with the nail filer and let the client feel the texture of it. Ask the client if they enjoyed getting their nails done and any memories associated with it. Next, use the body scrub by placing some of the scrub onto the client's hands. Let the client feel the texture and explain how it feels. Then, let the client wash off the body scrub with the extended bristle bath brush. As the client is washing the scrub off, boil some water and wait until it is hot enough to place the stones in. Use the soup scooper to get the stones out of the boiled water and let them cool off until it is warm enough for the client to hold. Hot stones are typically used as a form of thermotherapy and the heat is supposed to help client relieve stress. Then, use the bead pearl gel eye mask and let the client feel the gel beads. Ask the client if they ever used a similar eye mask or if they have ever gotten a facial. Lastly, pour a tiny bit of massage oil on the palm of the client's hand and let the client feel and/or massage their hands with it. Ask the client if they have ever gotten a massage and explain the feelings associated with massages.

Smell: Ask the client to describe the smells associated with a spa. Ask which smells relaxes them the most. Let client smell a variety of the items (lavender massage oil, green tea lotion, pomegranate face masque, and raspberry-lemon body scrub). Ask the client which products smell the best/worst.

Taste: Ask the client what foods and drinks are typically at a spa. What types of food/drinks did they get? Offer the client some tea (be cautious of any allergies). Make sure the tea is not too hot and let client taste it. Ask client to describe the taste (bitter, sweet) and whether or not they like the tea.