This series of articles details spa treatments that can be easily added to any massage menu. Whether you're looking to diversify your services for more income, lessen the strain on your hands and body or you just want to make your practice stand out from the competition, these spa add-ons will enhance your business, while providing both you and your clients with a dash of variety.

Cranberry Scalp Massage

by Shelley Sheets

Just as the cranberry is an integral part of Thanksgiving festivities, this multipurposed, nutrient-rich berry is also an important part of the spa industry. You can introduce cranberries into massage sessions in a number of ways—in scrubs, wraps or skin treatments—and the fruit is perfect for the holiday season.

The same antibacterial properties that make cranberry juice a valuable remedy for urinary tract infections work equally well in many bodywork products and treatments, such as cleansers, toners, scrubs and masks. Additionally, cranberry-seed oil is rich in omegas 3, 6 and 9, while also being high in antioxidants and vitamin E.

There are a variety of commercial cranberry products available, or you can easily make many of the products at home. Pure cranberry oil is available from several vendors on the Internet. When buying it, look for cold-pressed oil, which preserves the fruit’s nutritional properties best.

Because cranberry oil is so nourishing and easily absorbed, it works particularly well for scalp massage. Used this way, it helps relieve itchy, irritated skin and promotes healthy hair and follicles. Since the materials are so basic, you can charge a relatively small fee—anywhere from $20 to $40—for the treatment, making it a simple and economic way for clients to add a special treat to their normal massage.

Adding cranberry scalp massage to your menu will help ease clients' holiday stress, while providing health benefits that will have them requesting second helpings throughout the rest of the year.

Ingredients and Equipment:
- Cranberry-seed oil
- Olive oil
- Mixing bowl
- Microwave or saucepan

Procedure:
1. Warm the olive oil in the microwave or saucepan.
2. Mix together one tablespoon of cranberry oil and one tablespoon of warm olive oil.
3. Using small, slow circles, work the oils deep into the client's scalp with your fingertips.
4. After you've covered the entire scalp several times, place the remaining oils on the palms of your hands, and rub them together to re-warm them and bring out the scent of the oils. Then, gently place your hands close to the client's face, allowing the aroma to infuse the client's senses and bring about further relaxation.

Shelley Sheets is a freelance writer and wellness consultant. She has been in the health and wellness business for more than 20 years. She taught spa sciences for three years at Denver Career College before purchasing her own day spa in Littleton, Colorado. Today, she specializes in creating spa and massage services that are easy to perform and heavenly to receive. Sheets can be contacted at totouch1@hotmail.com.