APPLYING SOME THERAPIES TO BRING RELAXATION TO DOMESTIC TRAVELERS AFTER LONG JOURNEYS

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ABSTRACT

Background: The tourism industry is attracting more and more attention of young people. This is one of the leading areas in demand for human resources. In Vietnam, this year, the tastes and trends of Vietnamese tourists change not only in terms of destination, distance but also in the form of trips.

Method: By analyzing and comparing the data as well as the results of other papers, this article mentions some useful therapies to confirm the role of this method and the necessity and concern to improve service quality to bring tourists the most satisfaction.

Results: Not only having fun, taking photos, trips during the year will be expected to bring more meanings, experiences or more relaxation, the tourist are also interested in health services.

Conclusion: With the development of rehabilitation, health services and physical therapy techniques play a particularly important role in rehabilitation. While disease prevention and treatment helps the body avoid and eliminate diseases, rehabilitation helps the tourist restore the original functions.

Keywords: health, aroma therapy, spa, massage, ayurvedic treatment, traveler

I. INTRODUCTION

Rehabilitation is a discipline that studies and applies methods of medicine, rehabilitation techniques, education, sociology, etc. to help disabled people to perform maximum functions that have been disabled or lost due to defects and reduced function. Rehabilitation helps disabled people to have maximum independent life, as close to normal people as possible, and ensures disabled people's integration or re-integration into society.

Alternative or adjuvant therapy is a group of health care and treatment systems that include a variety of methods and products that are not currently considered part of conventional treatment.

Alternative or supportive methods have a long history, received more research attention and appeared in the literature since the 1940s, and have quite similar "life cycles". First, they appear and are promoted by a number of groups/organizations based on a few sporadic cases. After that, mainstream cancer doctors and researchers "couldn't stand" the pressure from rumors to conduct more clinical trials. When these trials did not produce the expected results, the advocates criticized that the research method was not correct or that people deliberately falsified the results to destroy a good method. Eventually, discussions "sink" and each of those methods/products lurks to continue to spread among some "patient support" groups even though their effectiveness hasn't been proven by scientific research.

Interactive methods such as Acupuncture, Massage, Hypnosis, Behavioral Interventions, Relaxation Therapy, Meditation, Yoga, Music Therapy, Therapeutic Touch Ayurvedic treatment, Reflexology, Visual Imagination, Spiritual therapy, etc.

RESEARCH METHODS, RESULTS AND DISCUSSION

The article uses the method of comparing research results from documents and thereby finding effective solutions to bring tourists the most comfortable and pleasant trip.
II. EFFECTIVENESS OF SOME TREATMENTS

Aromatherapy

This is a therapeutic method, taking care of mental and physical health using the aroma of essential oils extracted from plants. Although the effects of natural essential oils on the body are still unclear, in reality, essential oils have the ability to help relax the mind, reduce stress and anxiety, arouse emotions, increase concentration, purifying the air, etc. Some are also very favored in beauty and health care products thanks to their antioxidant, antiseptic properties, etc.

The origin of Aromatherapy dates back to ancient times, when mankind discovered and used plant aromas in medicine. But it was not until the beginning of the 20th century that the concept of “aromatherapy” appeared when the French chemist René-Maurice Gattefossé successfully treated a burn on his hand with lavender essential oil in 1910. By 1937, he published the book "Aromathérapie", which opened the door to the development of aromatherapy later.

Lavender has the scientific name Lavandula angustifolia Chaix ex Vill, belongs to the family Lamiaceae. In addition to Lavandula angustifolia, there are many other types such as Lavandula dentana, Lavandula pinnata, Lavandula stoechas, etc. Usually, the low varieties of lavender are small, but there are also varieties up to 1 m high.

Lavender is native to the Mediterranean region, cultivated thousands of years ago from the time of Ancient Greece; it is now grown in many parts of Europe. During the Middle Ages, lavender was considered the herb of love. Lavender is an annual, woody shrub about 60 cm tall. Leaves opposite, lance-shaped, green. Flowers grow in clusters, long stalks, tubular, purple-blue, fragrant. Flowering season is usually from the winter of the previous year to the summer of the following year. The plant likes sunlight, hot and humid climate, relatively heat and cold tolerance, suitable growth temperature is 15-25°C and it is considered as a great plant which contains a lot of scientific compounds (Table 1).

Table 1. Scientific composition of lavender

<table>
<thead>
<tr>
<th>No</th>
<th>RT*</th>
<th>Compound</th>
<th>Rate (%)</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>6.635</td>
<td>β-Pinene</td>
<td>0.25</td>
</tr>
<tr>
<td>2</td>
<td>6.829</td>
<td>3-Octanone</td>
<td>0.72</td>
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<tr>
<td>3</td>
<td>6.938</td>
<td>β-Myrcene</td>
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<tr>
<td>4</td>
<td>7.510</td>
<td>Bicyclo[4.1.0]hept-3-ene</td>
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<tr>
<td>5</td>
<td>8.111</td>
<td>1, 8-Cineol</td>
<td>0.46</td>
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<tr>
<td>6</td>
<td>8.271</td>
<td>β-Trans-Ocimene</td>
<td>6.47</td>
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<tr>
<td>7</td>
<td>8.586</td>
<td>cis-β-Ocimene</td>
<td>1.84</td>
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<tr>
<td>8</td>
<td>9.398</td>
<td>cis-Linalool oxide</td>
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</tr>
<tr>
<td>9</td>
<td>10.337</td>
<td>Linalool</td>
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<tr>
<td>10</td>
<td>10.508</td>
<td>1-Octen-3-ol acetate</td>
<td>2.70</td>
</tr>
<tr>
<td>11</td>
<td>12.551</td>
<td>Borneol</td>
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</tr>
<tr>
<td>12</td>
<td>12.889</td>
<td>γ-Terpinene</td>
<td>7.00</td>
</tr>
<tr>
<td>13</td>
<td>13.386</td>
<td>4-Isopropenyl-1-methyl-1-cyclohexene</td>
<td>0.93</td>
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<td>14</td>
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<td>α-Pinene</td>
<td>48.76</td>
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<tr>
<td>15</td>
<td>16.408</td>
<td>Lavandulol</td>
<td>3.23</td>
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<td>19.429</td>
<td>3-Caren</td>
<td>0.50</td>
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<td>20.676</td>
<td>β-Caryophyllene</td>
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</tr>
<tr>
<td>18</td>
<td>21.729</td>
<td>(Z)-β- Farnesene</td>
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</tr>
<tr>
<td>19</td>
<td>25.706</td>
<td>Alloaromadendrene</td>
<td>0.67</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>100</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

*RT = Retention time

In Japan, it was not until the 90s that this therapy became popular, but now it has developed into a very popular treatment, beauty care and health method in this country.
Parts Used: flowers (fresh or dried); leaves (can be used similar to flowers but not fragrant and less essential oil ratio).

Chemical composition: the essential oil is extracted from the petals by steam distillation to yield 1.4-1.6%. The main components of the essential oil are Linalool 45% and Acetate linalyl 35%; other components include α-pinene, limonene, 1,8-cineole, cis and trans ocimene, 3 octanone, caryophyllene, terpinene - 4-ol and lavendulyl acetate.

There are many common uses of aromatherapy. The first is to relax the mind, purify the air. It can also diffuse essential oil scents to balance and soothe the spirit, and can purify the atmosphere. Just put 1-2 drops of essential oil on a tissue or handkerchief, place it on the table or by the pillow or use an oil burner.

In addition, it is effective in purifying the respiratory system. Breathing in the scent of essential oils through the nose and throat improves respiratory function. How to do it as follows, we dissolve 1-3 drops of essential oil with hot water and breathe in the fragrance that rises with the steam. Note that you must close your eyes and do not do it for too long because some ingredients can cause skin irritation.

In addition, it is effective in cleansing and detoxifying the face. We can use it to steam essential oils to help the facial skin eliminate sebum, provide moisture and promote blood circulation to help the skin look rosy, fresh, and improve skin condition. Do it by putting hot water in a small basin, dissolve 1-3 drops of essential oil, close your eyes and then face down from the water basin just enough for the heat to rise to your face. Wrap a towel over your head so the heat doesn't go away.

We can dilute essential oils with therapeutic oils for the face or body, which have the effect of relaxing, moisturizing, promoting blood circulation, smooth skin, etc. The way to do it is to use an extracted oil from plants, mixed with essential oils at the rate of 1%, if used for the face, the rate is 0.5%, and then applied to the skin. Note that you should test for allergies before use.

Another effect is reducing muscle pain. Aromatherapy helps to relieve shoulder pain, low back, and menstrual cramps when combined with hot compresses, and temporary pain relief when combined with cold compresses. Do it by dissolving 1-3 drops of essential oil in hot water (or water), dip a towel in, wring it out, and then apply it to
the painful area. Note that the towel should be folded so that the part with the essential oil is turned inward, avoiding direct contact with the skin, especially the skin around the eye area, and should not be applied for too long.

Acupressure massage method

In traditional medicine, acupressure massage is considered a miracle solution in health care and recovery.

By acting on acupressure points on the body - which are the focal points of nerves and blood vessels - blood circulation through acupuncture points will be easier at acupressure points on the body. In modern medicine, many places have been applying acupressure massage to acupressure points for healing, health care and even beauty spas. According to experts, on our body there are 5 acupressure points are very important, regular acupressure massage will help keep the body healthy and prevent diseases effectively. Full body reflexology massage has the effect of improving blood qi, enhancing blood circulation. Thereby helping the immune system stay healthy, treat diseases related to bones, joints, shoulder pain, etc.

Currently, this therapy is quite popular in many countries. By state in May of 2020 (figure 2), this method has a rather special place. Full body reflexology massage is a method of using hands and fingers to directly affect the skin, nerves, blood vessels and other organs. This is to create positive changes in the nervous, endocrine and humoral systems. As a result, it helps to improve the functioning of the nervous system to help strengthen the resistance. Thereby creating changes in nervous, humoral and endocrine.

Full body reflexology massage has been put into practice today. Its technique is quite simple, does not take a lot of time. But the effect it brings is enormous. Not only helps prevent diseases but also improves blood qi, treats pain, and improves some diseases.

After a long trip, visitors need to relax. The cause of insomnia and neck pain is because the blood circulation is not smooth. At that time, the brain or the shoulder of the neck is ischemic and causes pain and fatigue.

Full body reflexology massage is the best way to affect the nervous, muscular, and circulatory systems of the whole body. As a result, it can soothe nerves, acupressure relieves shoulder and neck pain. It also increases blood circulation, making you more relaxed. So you can fall asleep more easily.
Nerve injuries such as peripheral 7th nerve palsy, intercostal neuralgia, sciatic nerve pain, sciatica… The causes of these injuries are numerous. To recover from these injuries, it is best to apply full body reflexology massage. This method is not only fast, but also does not require medication, so it does not cause side effects. In particular, it can be used for all subjects, including children and pregnant women.

There are no specific methods for massage. However, to perform the massage, you should choose the most comfortable place to lie down. According to experts, we should choose massage on a hard surface such as in bed, carpet or the floor and focus on parts such as neck, back, shoulders, etc.

The first is a gentle massage. Start with the shoulders, then the back and waist. Different parts you need different force. For example, in the back and leg areas, you should use strong force, but with your hands, neck, and abdomen, you should use lighter force, etc. This helps ease the pain and does not cause new injuries.

The second is to use the entire palm. After you have gently started to ‘warm up’, then you start using your whole palm to massage the whole body acupressure, blood circulation by the movements. You place your entire palm on the area to be massaged, so that your hands are parallel. Then you swipe down following the muscles. However, you should swipe in an upward direction to prevent wrinkles and sagging skin. Repeat for 10-15 minutes then stop.

Third, massage evenly all over the body. This is an indispensable technique in full body reflexology massage. You should start massaging from the back area and then to the legs, arms, neck. You should focus more on the neck and shoulders. The reason is because these two areas are most often fatigued, especially for those who do office work and those who are inactive.

III. RECOMMENDED SUGGESTIONS

Aromatherapy is considered a suitable therapy for travelers after hours of exercise during sightseeing. Extracted by steam distillation or cold pressing from plant parts such as leaves, stems, flowers, bark, roots, etc., essential oils possess pure and powerful energy from nature. The extraction process is complicated and consumes many materials, making essential oils quite expensive, especially pure ones, which are 100% plant extracts, not mixed with other chemicals. However, when buying essential oils, you should still choose pure essential oils to ensure high efficiency. Pure essential oils are often labeled “Pure & Natural” or “100% Pure Essential Oil” on the product bottle.

The combination of essential oils with methodical movements and warmth from the massage therapist’s hands through circular movements, strokes, compaction, etc. will bring many unexpected effects. Let’s take a look at the advantages of Aroma Massage with Mebukispa. The hustle and bustle of life and a lot of pressure sometimes make us feel uncomfortable and frustrated. Aroma Massage method with the pleasant aroma of essential oils along with skillful massage techniques will help your body relax, creating a feeling of comfort, refreshment and peace.

More specifically, during Aroma Massage with essential oils, the blood vessels will absorb nutrients through the skin. The sense of smell affects the limbic lobe of the brain. This limbic lobe is responsible for controlling heart rate, blood pressure, and improving memory. Thanks to that, the pressure from work, the level of stress is significantly reduced. Hormones are also balanced.

Besides the big positives mentioned above. The Aroma Massage method also has a number of other effects. When you regularly apply this massage technique, the body will have more positive changes. Currently, customers have an increasing demand for massage services to relieve all mental stress at work. Time therapy as a form to balance the body and soul, regenerate energy for the body.

Massage therapy includes movements that affect muscles and lymph nodes through professional massage techniques. Essential oils can be added to any type of massage for aromatherapy purposes such as traditional massage, Swedish massage, pregnancy massage, hot stone massage, etc.

The training of highly skilled staff should also be noted in order to bring the best experience to visitors. Large hotels need to pay attention to comprehensive quality, including room decoration, relaxation place decoration, and the use of soft, melodious music and accompanying services to have the best effect.
We can consult experts. The therapist should be the first to ask the client questions about the aromatherapy massage experience. They can recommend specific essential oils and discuss which products and techniques they would use based on the client’s needs. Although scientific research is still being done to evaluate the health benefits of aromatherapy, there is no doubt that it helps some people feel better, temporarily reducing pain or other symptoms making feeling of relaxation mood⁶.

IV. CONCLUSION

In modern society, the need for relaxation and beauty is increasing day by day. Currently, there are also many forms of orthodox massage in Vietnam. In which Aroma Massage therapy is receiving a lot of special attention. Therefore, to help spas in resorts or hotels attract more customers and increase competition in the market, especially tourists, we need service improvements. Along with the effects of the hands of the service staff, essential oils, music and other services will be the source of energy to help tourists have the perfect relaxing experience and improve their health. This is also a way for us to create a variety of services, meeting all the requirements of customers when visiting and traveling.

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AUTHOR CONTRIBUTION

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