



Benefits

(How does it help the client?)

- Generates a warm feeling that has a relaxing effect on the skin
- Increases circulation
- Increases cellular activity

Indications

(Who is the ideal client?)

- Client that needs improved circulation
- Client's with dry or dehydrated skin

Precautions of Use

(Could the treatment still be performed?)

- Clients who have skin sensitivity or irritated skin
- Clients with muscular or nerve disorders or diseases

Contraindications

(Could you make it worse?)

- Clients with arthritis
- Clients that bruise easily

Pre-Procedure

(Client Greeting)

1. Client greeting and offer water
2. Have client fill out history intake form or follow up form
3. Escort client to changing area
4. Help client onto bed, cover hair and drape with towel
5. Client consultation.
6. Sanitize and glove hands according to gloving skill
7. Magnifying lamp (First look)
8. Cleanse client's hands, use warm towel to remove cleanser
9. Woods Lamp
10. Measure massage cream using measuring spoon into container
11. Recover massage product



**Pre Procedure
(Supplies and Tools)**

1. Hand Cleanser
2. Warm Towels
3. Magnifying Lamp
4. Woods Lamp
5. Massage Cream
6. Bowl & spatula

Procedure

1. Using spatula remove massage cream from bowl and place in your hands to warm up. (Rub hands together)
2. Have client hold hands upward with palms facing you. Interlock your fingers with theirs and make hand contact rubbing entire hands back and forth (distributing cream onto clients hands).
3. With fingers interlocked with clients rock back and forth 6X.
4. Have client rest left hand on table
5. Lift client's right hand palm facing you and make circular movements with your left thumb just under base of clients thumb.
6. Using right thumb use small circular movements on client's palm.
7. Turn clients hand over and use friction movements on the back of client's entire hand. Repeat steps 5-7 1X Rest clients hand on table.
8. Start steps 2-7 on client's left hand

Post Procedure

1. Blot client's hands with soft cloth if needed.
2. Advise client of products to be used at home
3. Schedule their next appointment

Maintenance and Infection Control

- Wash implements and bowl with warm soap and water
- Rinse and dry with towel, spray with alcohol and dry
- Place spatula in dry sterilizer.
- Store bowl in closed container
- Clean table with hospital grade cleaner, wipe massage cream container with same hospital grade cleanser. Store cream container in closed cabinet
- Refer to OSHA and your state board



FYI & Tips

- Before Massage, ask client if there are certain fragrances they do not like.
- Inform client you will be using a warm towel after the cleanse

Frequently Asked Questions

- **Are all client's suitable for a hand massage?** –All information gathered at the consult will determine if the client is able to receive a hand massage.
- **Is the pressure used on the client a factor?** Yes, Some clients may have bruises or disorders and diseases that may be addressed.