



Body Skills and Massage

BODY THERAPY ROOM SETUP

Supplies:

- Lotion, lotion holster and lotion bottle warmer
- Oil (e.g., sweet almond or grapeseed)
- Herbal Freeze
- Candle(s) in holder
- Clock that can be seen in the dark
- Stone heater and stones of various sizes
- Paraffin heater
- Hydro collator and heat packs (more common for wintertime)
- Knee bolster (beneficial for their lower back)
- Pillow(s) (useful for pregnant clients or those with spinal problems)
- Face cradle covers
- Disinfectant spray/wipes
- Aromatherapy oils/blends and aromatherapy warmer
- Small rubber bowls
- Finger cots, Band-aids, hand sanitizer and Kleenex

Pre-Procedure:

- Clean and glove hands according to Handwashing and Gloving skills.

Procedures:

- Turn on lotion bottle warmer, stone heater, and hydrocollator (if using).
- Turn on blue light and color therapy.
- Table should have bolster placed to go under client's knees. Need 2 sheets, blanket, and table cover.
- Plug in paraffin and table warmer and set it on Low.
- Retrieve client's file. Set up client's name card and a rose at head of table.
- To help clients relax and not worry about time, keep the clock in the drawer and get it out when they can't see it.
- Check fingernails; trim and file!
- Before client arrives, warm up your own hands, fingers, wrists, arms, shoulders, legs, knees. Gets the blood circulating to help prevent injury to your own body.

Post-Procedure:

- Remove gloves according to Degloving skill.

Maintenance:

- Be sure that all equipment is in proper working order.

Infection Control:

- Be sure that all equipment has been wiped down with disinfectant.
- Refer to OSHA and your State Board.



BODY ASSESSMENT

Benefits:

- Learn client's skin type and condition.
- Learn what procedures and products to use.
- Assures that client will receive the best treatment.
- If client is a repeat, assessment will show how progress is being made.

Indications:

- Dry or oily skin, scars, lesions, loss of sensation, varicose veins.

Precautions:

- Client's with impaired range of motion.

Pre-Procedure:

- Set up bed for diaper drape with body towel, making sure tag is upside down.
- Have wrap, robe and slippers ready for client.
- Offer client a glass of water while waiting.
- Have client fill out client information sheet.
- Have client change in changing room.
- Escort client to treatment room and have them shower.

Procedure:

- Have client lie down on back first.
- Diaper drape and drape chest area with a bath towel.
- Go over information sheet asking detailed questions regarding habits, hobbies, diet, exercise, medications, sun exposure, etc.
- Ask client if they have particular areas of concern.
- Record client's comments in red ink and your observations in black ink.
- Touch skin to check for tone, texture, moisture level and temperature.
- Have client turn over, adjusting the diaper and chest drape.
- Analyze back side.
- To discuss body assessment, have client flip over adjusting the drapes and discuss areas to be treated and how to treat them. If needed, you can recommend a referral (i.e., nutritionist, exercise programs etc.).

Post-Procedure:

- Remove gloves according to Degloving skill and sanitize hands.
- Recommend appropriate body treatment.
- Assist client off bed. Hand client robe and assist with putting on robe.
- Offer client water.
- Escort client to changing area and let them know you will meet them in the client consultation area to discuss products for home use and to set up their next appointment time.
- After going over recommendations walk client to the front desk and cordially say goodbye.
- Clean up treatment room.
- Record client's treatment notes.
- File client's chart.

Infection Control:

- Wear gloves.
- Discard all disposable items in trash.
- Discard towels and linens in appropriate bin.
- Clean and disinfect all non disposable items and equipment.
- Refer to OSHA and your State Board.

BODY THERAPY

Benefits:

- Relaxation for the client.
- Can improve circulation.
- Can help healing of injuries.
- Can improve client's self-image.
- Coordinates well with other services, e.g., facials.
- Overall treat for the client.
- Drug-free pain relief; alternate form of health care.

Indications:

- Poor circulation.
- Poor muscle tone.

Precautions:

- Recent surgery or serious injury.

Contraindications:

- Current fever, acute illness, or systemic infection.
- Contagious skin condition.
- High-risk pregnancy.
- For abdominal work, strokes should be in a clockwise direction.
Tapotement is contraindicated for this area of the body.

Contraindications for deep tissue work:

- Any condition that impairs the client's judgment or sensitivity to pressure (e.g., neuropathy, diabetes).
- varicose veins, DVT, or aneurysms.
- Fragile skin, e.g., elderly.
- Normal pregnancy: no deep abdominal work; avoid abdominal work during the first trimester.

Pre-Procedure:

- Before client arrives, warm up your hands, fingers, wrists, arms, shoulders, legs, and knees. Get blood circulating to help prevent injury to your own body.
- Client showers in the changing room, fills out paperwork in the quiet room while enjoying a foot soak.
- Light candles, turn lights down part way.
- Welcome client to treatment room, with door closed, go over questions on intake form. Clarify any medical conditions or contraindications that they may have marked on their form. Explain briefly how a contraindication could affect their massage. If client describes an injury or ROM (range of motion) issue, test for their ROM and ask more questions.
- If this is the client's first massage, explain briefly what areas of the body you are going to work on. Ask client if there is anything they want you to focus on today.
- Instruct the client how you want them to position themselves i.e., supine (on their back); normally generalize it, "You want to be on your back, face up, under this sheet and blanket.") Ask if they have any questions.
- Step out so that they can undress in private. Put tassel on the door; give them time to get situated and relax.
- Knock on the door when re-entering the room. Wash hands (with warm water!) before beginning your massage.

Procedure:

- Perform massage therapy per your client's focus requests, contraindications you discovered during intake process, your skills and knowledge, the client's body and their condition, and whatever muscle issues you recognize during the treatment session.
- The strokes and techniques used, pacing, and depth of pressure are, of course, unique to each massage session. Consistency is provided by you, the therapist. Give it your best effort. "Your intent is 90 percent of everything that you do."

Post Procedure:

- After completing massage and leaving the room, wash your hands and arms. Return to meet client as they emerge from the room. Ask how they are feeling, give them some water. Recommend drinking extra water in the next 24 hours.
- If the massage included trigger point work, deep tissue therapy, or lots of time focused in on any one area, suggest to the client that they use ice, moist heat, and/or Epsom salts.
- Guide client to the next treatment room if they are receiving other services, otherwise show them back to the changing room.
- Complete the Body Assessment and Massage Therapy paperwork. Turn in the client's file to the receptionist.
- Reset massage table with clean linens. Wipe face cradle with disinfectant. Clean stones, if used, and return to stone warmer with fresh distilled water.
- Make sure candles are extinguished. Unplug table warmer and turn off lotion warmer.
- Use paraffin to treat your own hands and joints.

SPREADING HYDRATING BODY PRODUCT

Benefits:

- Hydrates and protects skin.
- Stimulates blood circulation.
- Relaxing.

Precautions:

- High blood pressure.
- varicose veins.
- Easily bruised skin.
- diabetes.
- Grade III-IV acne.

Contraindications:

- Inflamed pustules.

Pre-Procedure:

- Clean hands and glove according to Handwashing and Gloving skills.
- Prepare hydrating body cream in rubber bowl using aseptic procedures.
- Prepare bed with a thermal blanket, one Mylar sheet and one flat sheer.
- Place a breast drape towel and towel for the groin area on the bed.
- Prepare skin by following Exfoliating Body Treatment Skill.
- Client's skin needs to be completely dry.

Procedure:

- Ask client to lie face up on bed.
- Drape breast area and groin area with a bath towel.
- Let client know you are about to touch him/her as not to startle him/her.
- Slightly bend left leg at knee.
- Begin by spreading product evenly over left leg using effleurage movements.
- To penetrate product, use petrissage movements working from ankle to knee.
- Spread product over knee using light effleurage movements.
- Continue spreading product on upper leg using effleurage movements and penetrate using petrissage movements.



- Begin on right leg using same technique as on left leg.
- Remove drape from breast area and abdomen.
- Spread product using clockwise strokes over abdomen.
- To spread product on breast area, cup breast with hands making even contact.
- Using petrissage movements, work product into décolleté. Do not work up or apply any pressure to platysma.
- Cover breast and groin area with bath towel.
- Begin working on left arm by first spreading product with effleurage movements. Then, using petrissage movements, work from the hand up to the shoulder. Do not apply pressure to the inside of the elbow.
- Use same procedure on right arm.
- Have client sit up. Apply product to the back using up and out even strokes.

Post-Procedure:

- Remove drape and assist client with wrap and robe.
- Offer client a glass of water.
- Assist client to changing area.
- Remove gloves according to Degloving skill.

Infection Control:

- Discard any disposable items in designated covered areas.
- Place any soiled linens in designated laundry bins.
- Sanitize all surfaces using disinfectant.
 - Wash and sanitize all non-disposable items.
 - Refer to OSHA and your State Board.

BODY WRAPPING

Benefits:

- Detoxifies (depending on treatment), purifies, balances, tones, improves circulation, increases metabolism.

Precautions and Contraindications:

- Clients with high blood pressure, and those who are pregnant or are sensitive to heat.

Pre-Procedure:

- Greet and offer water.
- Client history.
- Client consult (body).
- Mag lamp.
- Decide what type of treatment is best for client and explain procedure.
- Prepare products for treatment.

Procedure:

- Drape bed with 2 Mylar sheets perpendicular, starting at head with one sheet and ending at foot of bed with second sheet.
- Do the same with 2 flat sheets.
- Mix products to be used.
- Ask patient to lie down on bed and diaper drape. Wash hands again and apply gloves.
- Apply product with hands or brushes. Working up body, feet, legs, etc. with long strokes. Cover back of body.
- Hold up towel, have client turn over face up.
- Drape breasts and diaper drape.
- Apply mask over front of body. Omit areola area.
- Change gloves. Drape one side of sheet at a time meeting at the middle.
- Cocoon client with Mylar sheets.
- Let client rest 15 minutes. Pressure point massage can be done at this time.
- Unwrap client, have client shower or remove product with warm towels.
- Have client stand and remove any remaining product with towels.

- Remove wet sheets, replace with 1 dry sheet. Have client lie on bed face up and drape. Apply moisturizing product. Begin at feet and work up with long strokes. Have client sit up and apply product to back.

Post-Procedure:

- Assist client off bed. Hand client wrap and robe.
- Walk client to changing area.
- Offer water.
- Client consult.
- Recommend products for home use.

Maintenance and Infection Control:

- Discard all disposable items in trash container.
- Wash bowls and implements in warm, soapy water. Dry and spray with alcohol.
- Soak brushes in disinfectant solution for 10 minutes. Remove excess solution by blotting with paper towels. Let air dry, then place in sanitizer. Store in covered container.
- Clean all surfaces with disinfectant wipes.
- Place all soiled laundry in washing machine.
- Clean Mylar sheets with Clorox wipes, dry and fold. Store in covered container.
- Mop floor.
- Refer to OSHA and your State Board.

Frequently Asked Questions:

How long does a body treatment take?

From 60-90 minutes depending on procedure.

How often should a client have a body treatment?

It depends on the skin type and condition and if the client is pre- or post-op surgery. Lifestyle, diet and water intake should also be considered when designing a treatment plan.

BANDAGE BODY WRAP



BASELINE CALIPERS

Benefits:

- Measures body fat content (thickness of skin-folds) at selected sites.

Precautions and Contraindications:

- Do not take measurements through clothing.
- Take 3 measurements at each site. Final measurement is average of these readings.

Pre-Procedure:

- While client is standing, determine sites on body to be measured: sub scapular, sacroiliac, triceps and biceps.
- Locate and measure each skin-fold using same consistency at same location.

Procedure:

- With a grease pencil, mark the measurement point on the skin-fold site.
- Pick up skin with thumb and forefinger of left hand and apply caliper to the site so grease pencil mark on skin-fold is halfway between caliper jaw.
- Release your right thumb from the caliper lever so that the tips of the caliper jaw can exert their full force on the skin-fold
- Read the skin-fold measurement directly from the caliper dial.
Repeat measurement two more times. Three measurements at each site are required for accurate reading. The correct reading is the average of the three readings.

Post-Procedure:

- To find the equivalent fat content as a percentage of body weight, add the 4 average skin-fold readings: biceps, triceps, sub scapular and sacroiliac.
- Use the percent of body weight table. Find your body fat as a percentage of body weight at the intersection of the age bracket column and sum of skin-fold rows.

Frequently Asked Questions:

Can accurate measurements be made on children?

Yes, there are two skin-fold reading sites for children ages 6-17, the triceps and sub scapular.

Are the numbers on the dial inches or millimeters?

The readings are in millimeters.

CAVEATS AND ENDANGERMENT SITES

Generally speaking, when you are working on the body, there are numerous sites and areas to be aware of. Your client may let you know of their special needs (e.g., claustrophobia, severe ticklish-ness, or a strong aversion to having work done on their toes).

Sometimes, the client may not be aware of their need until you are actually performing the treatment. Things “just come up” and come into client’s awareness when they are in a relaxed state. If the client knows about something ahead of time, they will generally let you know.

Be aware of your client’s breathing and facial expressions, which can give you information about their emotional reaction to the work that is being done on their body.

Here are some areas of the body to be aware of during a treatment:

Arteries and veins:

Do not apply deep pressure. If you feel a pulse, move off of the area. Be especially cautious with varicose veins, or if the client has any circulatory obstructions. Deep Vein Thrombosis (DVT) contraindicates massage to the area other than the very lightest of feather stroking. You may need to consult with the client’s doctor if they report having DVT.

Nerves:

Be cautious of nerve pathways, numbness, and tingling. Review a good anatomy text (*Trail Guide to the Body*, the *Anatomy Coloring Book*... bookstores have these and more) to increase your confidence about where they are located.

Joints:

Avoid applying deep pressure over a joint. (Example: when working up the client’s arm, back off your pressure as you cross the inside of their elbow.)

In addition, when moving a body part, be conscious of the client’s range of motion and any injuries that they may have had. (Again, if they have injured themselves, they will usually let you know about it.) Don’t push the client’s range of motion if they have had a hip or knee replacement.

Specific sites to be extra cautious of during body treatments:

- Carotid artery in the neck
- Sphenoid bone of the cranium
- Styloid process, in front of the ear in the jaw area
- Lymph nodes (axilla [armpit], sub mandible, inguinal [groin] area)
- Popliteal area (posterior knee)
- Ulnar nerve (think “funny bone”)
- Liver (which is on the right side, under the ribs)
- Sciatic nerve (begins in the gluteus area and goes all the way down the leg)
- Kidneys (in the lower mid-back area)
- Carpal tunnel of the wrist

The list is long, but the main point to remember is this: use gentle pressure, be aware of the particulars of your client’s body, and apply lots of common sense and wisdom.

HAND TREATMENT

Benefits:

- Relaxes the client.
- Moisturizes the skin.
- Helps esthetician to learn if client needs a hand treatment.
- Client becomes familiar with esthetician's touch.

Contraindications:

- Contagious skin condition.
- Recent surgery or injury.
- High blood pressure.
- diabetes.
- Arthritis.

Pre-Procedure:

- Warm foot cream in warming bowl.
- Perform Hand Washing and Gloving skills.

Procedure:

- Spread lotion over entire hand and arm using effleurage strokes.
- Rotate each finger in a circular motion 5 times and slide off with a light snap at the finger tip.
- Rotate thumbs on wrist down to knuckles 5 times.
- Begin kneading palms by pressing the balls of the thumb moving from the wrist up to the fingers 5 times.
- Begin kneading fingers by rolling each one from the wrist up to the finger tips.
- Supporting the client's elbows, rotate wrist around and around very slowly 5 times in each direction.
- Hold client's hand and slowly flex wrist in a back and forth motion.
- Use kneading movements to massage forearm beginning at the wrist and moving up to the elbow, gently slide down forearm and repeat 5 times.
- Repeat same movements on other arm.



1. Pre-cleanse with anti septic.
2. Wood's Lamp – use first to determine treatment – look for dehydration, pigmentation, and structure.
3. Perform Microdermabrasion:
 - a. Stretch skin.
 - b. Even strokes in one direction.
 - c. Circular movements on joints and cuticle areas.
 - d. Do each finger twice, move from knuckle to nail in one direction and then repeat (be sure to treat tips of fingers and also along side and in between).
4. Use glycolic acid pad in sweeping movement, let product set for a few minutes (be sure to use pad around cuticles).
5. Remove with warm water and gauze. Do not neutralize.
6. Apply treatment product; will strengthen dermis and help to break up pigment.
 - a. If you do not have light therapy, use Iontophoresis.
 - b. Medium heat, red light for 2 minutes.
7. Apply hydroquinone with sponges.

Post-Procedure:

- Place client's hands in heated booties or over with sheet.
- Perform Degloving skill.
- Perform hand washing and Gloving skill.

BASIC FOOT MASSAGE

Benefits:

- Relaxes the client.
- Moisturizes the skin.
- Allows esthetician to assess whether client needs a foot treatment.
- Client becomes familiar with esthetician's touch.

Contraindications:

- Contagious skin condition.
- Recent surgery or injury.
- If client is extremely ticklish or does not like feet to be touched.
- High blood pressure.
- diabetes
- Gout

Pre-Procedure:

- Perform Hand Washing and Gloving skills.
- Warm foot cream in warming bowl.
- Have client soak feet in a sanitizing foot soak.
- Dry the client's feet completely with a bath towel.

Procedure:

- Spread lotion over entire foot using effleurage strokes.
- Rotate the toes in a figure 8 motion 3 times.
- Knead foot with ball of thumb 5 times.
- Hold ball of foot in left hand and cup heel in right hand, rotate foot 3 times. If you use pumice instead of buffer, follow pumice with the buffer.
- Make fist, roll knuckles on sole of foot 5 times.
- Knead and twist each toe between knuckles, slide off with a slight pull.
- Massage top of foot with balls of thumb.
- Grasp ankle with both hands and rotate the hands to slightly wring the skin.
- Degrease with antiseptic tone.
- Use honey scrub on top of foot – remove .

- Microdermabrasion around cuticles (alum. oxide crystals are best) more aggressive on tops and under toes.
- Apply acid pad to soles – leave 1-2 minutes – start with heel and up towards ball of foot, then toe. Counter-clockwise stimulates, clockwise soothes. Direction of buffer (the buffer helps dry foot).
- Neutralize with B.
- Remove with cold towel.
- Dry foot and buff clockwise.
- Apply 55 gel.
- Use red light.
- Apply tissue repair to lock in moisture.

Post-Procedure:

- Place client's feet in heated booties or slippers.
- Perform Degloving skill.
- Perform hand washing and Gloving skill.
- Proceed with facial treatment.
- Recommend foot treatment if necessary.

Maintenance and Infection Control:

- Discard any used disposable items.
- Sanitize all surfaces.

Frequently Asked Questions:

Can you perform foot massage during a facial?

Yes, during the mask is a good times to perform the foot massage. However, be sure to change gloves, wash hands and replace gloves before returning to the face.

What can be substituted for a foot massage if client declines a foot massage?

Perform a basic hand massage.

BASIC HAND MASSAGE

Benefits:

- Relaxes client.
- Moisturizes skin.
- Allows esthetician to assess whether client needs a hand treatment.
- Client becomes familiar with esthetician's touch.

Precautions and Contraindications:

- Contagious skin condition.
- Recent surgery or injury.
- High blood pressure.
- Diabetes
- Arthritis

Pre-Procedure:

- Perform **Hand Washing** and Gloving skill.
- Warm hand cream in warming bowl.
- Perform hand washing and Gloving skill.

Procedure:

- Spread lotion over entire hand and arm using effleurage strokes.
- Rotate each finger in a circular motion 5 times and slide off with a light snap at the finger tip.
- Rotate thumbs on wrist down to knuckles 5 times.
- Begin kneading palms by pressing the balls of the thumb moving from the wrist up to the fingers 5 times.
- Begin kneading fingers by rolling each one from the wrist up to the finger tips.
- Supporting the client's elbows, rotate wrist around and around very slowly 5 times in each direction.
- Hold client's hand and slowly flex wrist in a back and forth motion.

- Use kneading movements to massage forearm beginning at the wrist and moving up to the elbow, gently slide down forearm and repeat 5 times.
- Repeat same movements on other arm.

Post-Procedure:

- Place client's hands in heated mittens or cover with sheet.
- Perform Degloving skill.
- Perform handwashing and Gloving skill.
- Proceed with facial treatment.
- Recommend hand/elbow treatment if necessary.

Maintenance and Infection Control:

- Discard any used disposable items.
- Sanitize all surfaces.
- Refer to OSHA and your State Board.

Frequently Asked Questions:

When do you perform a hand treatment during a facial treatment?

You would perform a hand treatment while the mask is on.

Do you alert the client to any bruises or abrasions present on the area you are working on?

Yes. The client may be sensitive in that area and it is a precaution to let the client know the injury was present before treatment.

FACIAL MASSAGE TECHNIQUES

Effleurage:

A steady, flowing movement that is generally used in the beginning and ending of a massage procedure. Smooth, broad strokes, meant to spread a product over the skin and warm up the tissues. Can be lighter or deeper, depending on the need. Generally centripetal pressure (going towards the heart).

Petrissage:

A kneading movement that stimulates the underlying tissues. Generally used to break up adhesions in the muscles and fascia layers.

Tapotement:

Fast tapping, slapping, or hacking movement used to stimulate circulation. (Example: a doctor tapping on a patient's back to break up chest congestion.) Sometimes used (gently!) at the end of treatments to help the client wake up.

Shiatsu:

A form of acupressure used mainly on acne clients and sensitive skin. Shiatsu is a Japanese modality that involves working on the client's energy meridians. It is believed that the meridians regulate the chi (life force energy) and the way chi flows throughout the body.

Friction:

A rubbing movement; pressure is maintained on the skin to create friction. Chucking, rolling, and wringing are variations of friction. In massage therapy, Deep Transverse Friction is used across (perpendicular to) the body of the muscle, breaking up adhesions and scar tissue.

Reflexology:

Treatment of the body through stimulating (or sedating) specific reflex points that are located on the feet, hands, and ears. These reflex points are based on the energy meridians from Traditional Chinese Medicine, and correspond with organs of the body. Reflexology can be incorporated into a body treatment or facial, or it can be performed as a separate treatment with the client fully clothed.

Aromatherapy:

Ancient healing practice; essential oils distilled from plants and herbs are used to treat the body, mind, and spirit. The oils should not be applied directly to the body in most cases; but they may be blended with carrier oils, used in diffusers, or blended into other products. In the USA, oils are readily available; however, in most other countries, it is said that they are more tightly regulated (one may have to get oils through a doctor or pharmacy). Aromatherapy involves pleasant scents, yet the oils have both medicinal and therapeutic powers. Consult an aromatherapy textbook before using oils with pregnant clients or those with epilepsy or skin sensitivities. Many oils have contraindications for their use.

Recommended Resources:

www.massagetherapy.com

The consumer information section has an excellent glossary describing hundreds of massage modalities.

www.amtamassage.org

The American Massage Therapy Association website; in addition to info for therapists, it has a lot of info for consumers.

www.naha.org

In-depth information about aromatherapy and essential oils.

FACIAL MASSAGE

Benefits:

- Nourishes the skin and all its structures by stimulating blood circulation.
- Reduces fat cells in the subcutaneous tissue which helps firm the skin and underlying tissue.
- Increases the secretion of sebum perspiration, which opens the pores, making waste products, dirt, grease, and other impurities easier to remove.
- Makes skin softer and pliable.
- Helps deplete excess fluids in the tissues and reduce puffy or sagging areas.
- Strengthens, nourishes, and tones muscle fibers.
- Loosens and helps to clear away dead surface cells and other debris, revealing the healthier skin underneath.
- Improves the appearance of the skin.

Precautions and Contraindications:

- High blood pressure
- Acne
- Couperose skin
- Rosacea

Pre-Procedure:

- Hand washing
- Bed draping
- Room setup
- Station setup
- Hand washing
- Greeting
- Consult
- Hand washing
- Makeup removal
- First skin analysis
- Hand washing or use antibacterial wipes
- Gloving
- Basic cleanse, turn on steamer or Dr. Lucas Sprayer for warm up

- Second cleanse
- Exfoliation
- Steamer

Procedure:

- Starting at décolleté, apply product with a sliding movement, moving upwards to forehead (frontalis). Repeat spreading movements of product three times.



- Beginning mid-sternum, begin chest compressions (open palms) working outward from (pectoralis major) towards the deltoids (shoulders).
- Using effleurage movements, massage down to biceps (mid-upper arm).
- Cup the deltoids (shoulders) and with mild pressure (pressing down towards feet) administer shoulder rolls.
- Slide hands underneath the deltoids (shoulders) to trapezius and administer open handed compressions using the bed as a lever, moving from deltoids (shoulders) to the sternocleidomastoid (side of neck).
- Slide up the trapezius (back of neck) up to occipitals and administer pressure with middle finger on occipital notch. Slide outward to deltoids (shoulders), down to décolleté. Repeat steps 2 thru 6 three times.
- Slide open hands behind deltoids (shoulders) to the base of neck. Optional: Knuckling movements at the trapezius. Slide hands up the back of the neck to the base the skull.
- Turn the head slightly; using one hand as a brace and a cushion for the

head while the other hand does the actual turning of the head. With the exposed side of the neck slide hands down the sternocleidomastoideus (side of the neck) using open hand or pointer and middle finger, supported underneath by the thumb down the sides of the neck (3 times). Brace the head with both hands and return to natural positioning. Repeat on opposite side.

- Slide hands up the neck to the base of the skull and massage the base of the skull with circular motions moving towards the ears. Massage the entire ear using effleurage movements and ending with a gentle pull on the earlobe.
- Repeat this step 3 times.
- Move from the ears to the mentalis (chin) and administer chin lifts using the thumbs on depressor angulii muscle. Slide to mandible and stop at mentalis.
- Move from chin lifts to cheek lifts. Then begin sliding palms of the hands upwards onto zygomaticus minor and major (cheeks). Repeat 3 times.
- Do an around the world movement (as demonstrated by instructor). Repeat 3 times.
- Return to the mentalis (chin) and perform the butterfly movement (as demonstrated by instructor). Repeat 3 times.
- Apply pressure to the corrugator muscle with middle finger. Slide fingers across brows to outer corner of the eye, lifting the brow at the same time. Complete eye circles with light gentle pressure under the eye. Repeat 3 times using three finger method.
- Do three figure eight movements around the eyes.
- Do three eye circles around the orbicularis oculii (eyes) using three finger method. Repeat using reverse order of three finger movement used in three finger method.
- Do a butterfly movement beginning at the mentalis (chin) and ending on the frontalis (forehead). Slightly turn head and immediately begin effleurage technique with upward strokes from the 3rd eye position on the frontalis (forehead) at the brow line. You may have to adjust the number of strokes it takes to cover each side of the frontalis. Begin with 3 strokes; may use as many as 9.
- Return to the center of the frontalis (forehead) with palm rolling technique. Place palm of hand at temple. With left hand in 3rd eye

position begin effleurage with right hand guiding and left hand following. The therapist's body should be maneuvering from side to side while performing this technique on client. Then separate hands. Slide down to décolleté.

- Slide up to mentalis (chin) and butterfly into an around the world move ending at frontalis (forehead). Repeat numbers 2 thru 19 once. Ending massage with steps 20 thru 22.
- Begin chest compressions follow with arm vibrations and begin tapotement all over walking up the face. Repeat this tapotement movement 3 times. Do around the world movement into butterfly movement.
- With thumbs atop each other and hands placed securely on the sides of the face, give three pressure pumps on the third eye pressure point.
- Massage temporalis (temples), gradually getting slower and lighter; end with a pressurized hold at the temporalis (temples).

Post-Procedure:

- Remove massage cream with warm towel or cotton esthetic wipes.
- Extractions (Sec. 30)
- Masks (Sec. 13)
- Tone
- Moisturize
- Protect (SPF)
- Refer to OSHA and your State Board.

Frequently Asked Questions:

Can a client with acne receive a massage?

A Client with grade I acne may receive a massage. This helps to soften sebum for extractions. However a client with inflammation and or pustules cannot receive a massage due to the risk of spreading bacteria.

Why do you perform massage before extractions?

To soften sebum. If a massage is performed after extraction there is a risk of spreading bacteria.

PRESSURE POINT MASSAGE

Benefits:

- Soothes, calms and detoxifies (anti-aging)

Pre-Procedure:

- Sanitize hands.
- Follow skill for Magnifying Lamp.
- Follow skill for Basic Cleanse.
- Follow skill for Wood's Lamp.
- Follow skill for Dr. Lucas Sprayer (pulverizer); add 10 drops of tonic to distilled water.
- Apply C-Serum on face, neck and décolleté.

Procedure:

- Place palms and fingers on sides of face. Thumbs across brow bone.
- Apply light pressure on inside corner of brow bones moving up the center of forehead. (May take 3, 6 or 9 times, depending on client).
- Use thumbs to effleurage from tip of nose to hairline. Apply pressure at tip of nose, lightening-up the pressure as you move up to hairline. Press and release times three across top of forehead.
- Place thumbs above center of eyebrow. Apply pressure point movements toward the temples. Move up to mid forehead, repeating same movements. Use four pressure points across forehead. Repeat 3 times.

- Using pads of palms (thumb-side down) and start at center of forehead, sliding out toward the brow bone (4 times).
- Place middle fingers and index fingers on either side of nose and slowly move over cheek bone, toward the ear. Massage ears. Perform 6 pressure points.
- Move to the jaw line, using scissor-like movements with the index and middle fingers. Move outward on jaw onto the entire ear, 3 times. Move hands down the neck to the clavicle and to the underarm. Pump and release 3 times.
- Place hands on back of neck at the occipital notch. With middle fingers, use gentle pulses.
- Perform palm effleurage and scissors with index and middle fingers at jaw line. Slide up the sides with palm. Use flat fingers across the inside corner of the eyebrow bones and do 3 pressure point movements.
- Finish with pressure on the temples



BALNEOTHERAPY

Benefits:

- Relaxation.
- Softens the skin.
- Less wrinkling and sagging skin, depending on treatment.
- Therapeutic benefits.

Indications:

- Clients with arthritis.
- Skin conditions.
- Enhances immune system.
- Stimulate lymph flow.
- Activate self healing.
- Detoxifying.

Precautions:

- Client's skin conditions.
- Recent medical procedures.
- Allergic reactions.
- High blood pressure.
- Prior to appointment, inform client to drink plenty of water and eat a light snack, such as cheese and crackers.
- After treatment advise client to drink water.

Pre-Procedure:

- Prior to client arrival:
- Light candles and adjust lighting and music.
- Fill tub with water at 100 degrees, or to the temperature therapy is needed.
- Pour blend into tub.
- Place bath mat on floor next to tub.
- Client greeting and offer water.
- Have client fill out history intake form or follow up form.
- Escort client to changing area.
- Clean and glove hands according to Handwashing and Gloving skills.

Procedure:

- Escort client to Balneotherapy room.
- Assist client with removing robe.
- Help client into tub.
- Offer client cool face towel to wipe face.
- Allow client to soak for approximately 15 minutes. Check on client often.
- Assist client out of tub and drape with large towel.
- Offer cool face towel and ice water.
- Assist patient with robe and escort to next treatment.



Post-Procedure:

- Remove gloves according to Degloving skill.

Maintenance:

- Client may benefit from monthly treatments with an home protocol.

Infection Control:

- Clean tub with hospital grade disinfectant.
- Wash all towels and floor mat.
- Clean floor around tub with a hospital grade disinfectant.
- Wash all bowls in hot soapy water and follow infection control procedures.
- Refer to OSHA and your state board.