

Gemstone Chakra Massage

SLOW BEAUTY RITUAL

90 MIN BOOKING TIME

Full Massage/Wrap with Scalp and Foot Massage

Multi-treatment Slow Beauty Ritual to promote deep sleep and/or help relieve symptoms of jet lag.

This deeply relaxing Slow Beauty Ritual includes a full-body massage, calming scalp and grounding foot massage while enveloped in a nourishing wrap. The sweet exotic scent of Jasmine Tuberose Body Salve relieves physical tension and an overstimulated mind.

PRODUCTS & TOOLS

- 4 tbs Geranium Cedarwood Body Salve
- 4 pumps Geranium Cedarwood Hydrating Mist
- 1 tsp Geranium Cedarwood Body Creme

- Table setup: fitted sheet layered with flat sheet & bath towel for wrap/cover sheet face cradle/ for this service preferably with a table warmer
- Prep 4-6 warm moist hand towels.
- Disposable underwear optional

OPENING

1. Establish guest in prone position on the massage table. Offer a bolster underneath ankles. Assure guests highest comfort level.
2. Ground & center yourself and get present and clear. Set your intention for guest treatment and yourself.

 [WATCH DEEP SLEEP OPENING](#)

BACK BODY OIL APPLICATION

1. Starting at the right leg apply the warmed **Body Salve** directly along the leg from ankle to to upper thigh in long stream follow with your hand to distribute the oil evenly with effleurage strokes.
2. Follow around the body in a clockwise manner to apply oil: legs arms then back cover.

 [WATCH DEEP SLEEP OIL APPLICATION](#)

LEG

1. With flat palm 4-6 light effleurages up the entire leg, glide back down with no pressure
2. Effleurages with medium effleurages 4-6 times
3. Make a c shape out of your hand and pump up the leg and to upper thigh, always gliding down with no pressure 4-6 times
4. Criss cross alternate wringing of the leg from ankle to upper thigh 4 times
5. Hold the lower leg /shin lifting it up as you alternately pull towards the heel 6 times.
6. Pull the foot 4 times.
7. Cup the heel 6 times.
8. Soft knuckle strokes on sole of foot heel to toe 6 times.
9. Flat hand strokes on calf 6 times
10. Soft sweeps outwards behind the knee alternating
11. Soft knuckles on upper leg 6 times
12. Alternating knuckles on to upper thigh 6 times
13. Long effleurages on the entire leg to finish 4 times.
14. REPEAT on other leg  [WATCH DEEP SLEEP LEG PRONE](#)

TABLE SET UP & PREP

- Warm the body salve in the hot cabby in a squeezable bottle. Always test the oil temperature on your inner wrist before applying

ARM

1. Long medium effleurage strokes up the arm and shoulder 6 times.
2. Hold the wrist bring arm out 45 degree and C-shape glide up outer arm with pumping movement 6 times.
3. Switch wrists hold the C shape inner arm 4 times.
4. Place arm back on table effleurage 4-6 times
5. REPEAT on other arm.

 [WATCH DEEP SLEEP ARM PRONE](#)

BACK

1. Long effleurage strokes on entire back sweeping out on sacrum back up along arms ending at the occiput 4-6 times.
2. Soft knuckle effleurage 4-6 times
3. Thumbs effleurage 4-6 times
4. Move to hip level of right side: half back sweeps from sacrum to hand 4-6 times
5. Upward moving circles from sacrum to shoulder sweep out to hand 4-6 times.
6. Repeat steps 4 & 5 on right half back.
7. Circles on sacrum
8. Super light no pressure circles on top of the spine moving up to C7 times.
9. Thumb sweeping on rhomboids between shoulder blades.
10. Forearm circles over shoulder blades 4 times
11. Effleurages flat hand, knuckles and thumbs 4-6 times
12. Scalp massage

 [WATCH DEEP SLEEP BACK](#)

FINISH & TURN

1. Cover the body rest one hand on sacrum one on heart center and rock the body.
2. Turn the guest over and assure their highest comfort level: warmth, bolster, pillow eye cover, chest draping on females

FRONT BODY

1. Starting at the left leg apply the oil directly along the leg from ankle to upper thigh in long stream follow with your hand to distribute the oil evenly with effleurage strokes
2. Follow around the body in a clockwise manner to apply oil: legs, arms, abdomen and décolletage then cover

LEG

1. Effleurage 4-6 times
2. C-shape pumping 4-6 times.
3. Criss cross wringing 4-6 times
4. Pulling the calf from knee to ankle alternating 6 times
5. Squeeze the foot.
6. Circle the ankles 4 times.
7. Lower leg effleurage 4-6 times
8. Outward circles around patella 4 times
9. Soft knuckles on thigh 4-6 times
10. Effleurage entire leg 4-6 times
11. Frictions on the foot (from heel to top of foot and sole)
12. REPEAT on other leg.



[WATCH DEEP SLEEP LEG SUPINE](#)

ARM

1. Effleurage 4-6 times
2. C-shape pumping outer arm 4-6 times.
3. Hold wrist bring arm out and overhead massage upper arm and glide underneath shoulder blade.
4. Long stretch from waist to arm gliding your hand along then hooking the elbow and stretching.
5. Bring the arm back alongside body.
6. C-shape pumping inner arm 4 times.
7. Effleurage 4-6 times
8. Knead each hand and each finger individually.
9. REPEAT on other arm.



[WATCH DEEP SLEEP ARM SUPINE](#)

ABDOMEN

1. Clockwise circles on entire abdomen 6 times
2. Interlace fingers and pumping wave across abdomen 4-6 times.
3. Diamond shape stretch 4 times.
4. Circles with flat fingertips on abdomen clockwise along the digestive tract
5. Big circles 4-6 times



[WATCH DEEP SLEEP ABDOMEN](#)

CHEST/NECK/FACE

1. Alternate flat hand sweeps across décolletage 6 times
2. Simultaneous circles medial to lateral sweeping around shoulders to occiput 4-6 times
3. Spider Like circles from elbow to shoulders and occiput 4 times
4. Turn head, alternate sweeps from shoulder to neck, stretch and cranial massage on side of head 4 times.
5. Repeat on other side and turn head straight.
6. Effleurage stroke chest shoulder to occiput to finish.
7. Simultaneous circles on side of neck up to occiput
8. Pulling of the back of neck with alternate hands
9. Flat hand alternate upward soft beating on front neck
10. Upward sweeps alternating on jawline with fingers, then with forearms then both forearms together.

11. Circle up the cheeks sweeping out from the nose to temples circle temples.
12. Third eye pressures and circles sweep out to temples circle.
13. Full face effleurage down the neck shoulders up to occiput



[WATCH DEEP SLEEP CHEST/NECK/FACE](#)

WRAP

1. Take the ends of flat sheet client is laying on and wrap them around the guest from both sides.
2. Wrap a warm dry towel around the feet.
3. Cover body with blanket
4. During the wrap perform first scalp massage then foot massage



[WATCH FULL BODY WRAPPING](#)

SCALP MASSAGE DURING WRAP

1. Covering the guests' eyes lightly spray the **Geranium Cedarwood Hydrating Mist** over head and face
2. Perform scalp massage.
3. Use the jade roller to perform a facial massage.



[WATCH WRAP SCALP MASSAGE](#)

FOOT MASSAGE DURING WRAP

1. Uncover one foot, apply **Body Creme** and perform foot massage then cover.
2. Repeat on other foot and cover.



[WATCH WRAP FOOT MASSAGE](#)

FINISHING TOUCHES & CLOSING

1. Open the wrap slowly to adjust temperature gradually.
2. Gently tap and play the singing bowl above each Chakra.
3. Using warm moist towels remove any residual product from the body.
4. Uncover both feet and compress with a moist warm towel.
5. Sit the guest up and compress a warm moist towel on their back.
6. Help guest into slippers and robe in sitting position.
7. Detach yourself gently from the guest and indicate to them the finishing of their treatment.



[WATCH DEEP SLEEP CLOSING](#)

Note: some of the body movements are shared with Ayurvedic Abyhanga massage and may be labeled as such in the technique video. Please be assured these are the correct movements for Deep Sleep Slow Beauty Ritual.