

LULLABY MASSAGE

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of everyday life behind you. Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for expanding skin in order to reduce the risk of stretch marks. This massage will relieve stress and tension, ease the heavy feeling that can come with pregnancy and help alleviate an aching back.

TYPICAL GUEST

- Over 14 weeks pregnant

KEY INGREDIENTS



Petitgrain

Frankincense

Chamomile

PRODUCTS REQUIRED FOR THE TREATMENT

1. Peace on Earth Body Oil
2. Facial Oil
3. Facial Toner
4. Peace on Earth Essential Oil

TREATMENT FREQUENCY

Once a week

RECOMMENDED HOME CARE

Homecare will vary. However, it is recommended that you prescribe at least one skincare product and two body product to maintain treatments results at home.

MASSAGE SEQUENCE: 60 MINUTES

PRE TREATMENT CONSULTATION: 5 MINS

Prior to commencing the treatment ask your guest to complete the Personal Treatment Plan. Perform an aroma consultation, selecting the appropriate oil, followed by an explanation of the effects and results that your guest should expect. Talk through the treatment and explain to your guest how they can use Mike's Recovery at home to continue the benefits of the massage.

Refresh feet with warm mitts Before starting the massage, check guest is straight on couch. Support under ankles, abdomen or bust if necessary. Make sure head is straight, tuck clients smelling strip with chosen blend into the face cradle, cleanse feet and wash your hand

BACK: 25 MINUTES

This is the most powerful part of the treatment. Pressure should generally be lighter and repetitions of major pressure movements fewer, especially for guests new to the treatment routine.

1. Chakras
 - (1) Heart chakra.
 - (2) Solar plexus.
 - (3) Sacral chakra.
 - (4) Hip plexus.
2. Cranial pressures if head is straight, otherwise include in scalp massage.
3. Soothing.
4. Apply 3 to 4 pumps of body oil to back and effleurage.

x 1

x 3

x 3

x 3

5. Spinal pressures.	x 3
6. Sliding movement.	x 3
7. Continuous slide.	x 3
8. Lifting movement.	x 3
9. Piano movement.	x 3
10. Effleurage buttocks.	x 3
11. Sacrum & buttocks (gentle palmar kneading)	x 3
12. Effleurage to kidneys.	x 3
13. Skin rolling with thumbs - from base of spine up to axillary area.	
14. Slide gently to mid-point between waist and bra line and start 'caterpillar' from there.	x 3
15. Shoulder work (no pressures in supra scapular fossa).	x 1
16. Work on neck and both shoulders.	x 1
17. Cranial pressures and soothing if head is straight.	x 1
18. Soothing to lower, mid and upper back: fanning effleurage.	x 3
19. Spinal slide. Draw up spine from base to head, with left hand on top of right. Hold head for 5 seconds after last movement.	x 1

SCALP AND FACE: 12 MINUTES

1. Place 1 drop of Rose Pure Essential Oil on tissue, place on guest's chest and let guest inhale.	x 1
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5. Thumb slides along hairline to ears.	x 3
6. Deep drainage movements from hairline to crown.	x 3
NOTE: Do Not Cleanse the Skin	
7. Apply 1 pump of Face Oil and effleurage.	x 1
8. Forehead pressures.	x 3
9. Sinus drainage.	x 3
10. Forehead effleurage.	x 3
11. Circles on temples.	x 3
12. Eye movements (1) Lift and stretch. (2) 4 pressures just above brows. (3) 3 pressures under brows. (4) Repeat lift and stretch.	x 1
13. Circles on nasal bone.	x 3
14. Cheek pressures 1.	x 3
15. Cheek pressures 2.	x 3
16. Chin pressures, knead masseter.	x 3
17. Lymphatic drainage 1 to cheeks.	x 3
18. Lymphatic drainage 2 to jaw.	x 3
19. Shoulder effleurage.	x 3
20. Kneading to back of neck.	x 1
21. Kneading to trapezius No pressures on supra scapula fossa.	x 1
22. Soothing to trapezius.	x 1
23. Deltoids - sliding and kneading down to elbow.	x 3
24. Lymphatic drainage 3 under clavicle and effleurage.	x 3
25. Final effleurage (no traction).	x 3
26. Hold head for 5 seconds to finish.	x 3

2. Work cranial pressures if not already done, then deep fingertip massage all over scalp.	x 1
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3. Static thumb rotations either side of sagittal suture.	x 3
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4. Circular pressures with middle 3 fingers around hairline to base of ears.	x 3
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ARMS: 4 MINUTES

Apply body oil to forearm and Effleurage.	3
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Kneading to forearm.	1
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'Opening' to forearm muscle groups with thumbs.	1
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Kneading and drainage to wrists, fingers and palms.	1
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Effleurage to forearm. Repeat on other arm	1
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Effleurage only, circular and across abdomen, then stroking to sides

Apply 1 to 2 pumps of body oil and perform effleurage clockwise to sides and under 'bump' to nurture baby.

LEGS: 6 MINUTES

Avoid detailed and deep work around ankles.

1. Apply 2 pumps of body oil to both legs and effleurage in fanning movement, cover one leg.	
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2. Effleurage right leg with both hands, applying extra oil to back of leg.	x 3
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3. Palmar kneading to sole of foot (with deeper kneading over ball of foot).	x 3
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4. General kneading to sole of foot.	x 3
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5. Soothing and draining to top of foot.	x 3
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6. Effleurage to leg and ankle with both hands.	x 3
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7. Bend knee: upwards drainage at back of calf.	x 3
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8. Circular kneading with flat of hand up thigh with other hand supporting under knee. X1

NOTE: Movements 5, 6, 7 and 9 are performed on alternate sides of the spine starting at mid-point between bra and waistline

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Replace leg flat: Double-handed lifting to thighs.	1
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Thumb circles around knee.	3
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Effleurage leg.	3
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Repeat movements 1 to 11 to other leg.	1
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Toe pulls and 3 effleurage to both legs.	1
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Palms on soles to finish for a count of 10. Remove slowly.	1
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POST TREATMENT CONSULTATION:

MINUTES

Aftercare advise