

Relaxation Massage

The ultimate massage for your best night's sleep. Carefully applied pressures will relieve key areas of tension whilst our award-winning essential oil blend calms and grounds you to induce a serious state of relaxation.

TYPICAL GUEST

- o Those who find it hard to sleep
- o Those looking for the best night's sleep
- o Those that are travelling through time zones

WHAT IS UNIQUE ABOUT THIS TREATMENT

- o Guided breathing inhalation with Deep Relax Sleep Mist to stimulate the vagus nerve
- o Core body to be treated with slow, rhythmical moves incorporating layering of warm gel, oil and cream using lemniscate effleurage.
- o Key pressure point technique to stimulate the vagus nerve.

KEY INGREDIENTS

Clary sage, Ylang Ylang, Frankincense, Petitgrain, Chamomile, and Vetiver

PRODUCTS REQUIRED FOR THE TREATMENT

1. Rest Essential Oil
2. Deep Relax Sleep Mist
3. De-Stress Muscle Gel
4. Rest Body Oil
5. Rest Body Balm
6. Luminosity Facial Oil

RECOMMENDED HOME CARE



PRE TREATMENT CONSULTATION: 2 MINUTES

1. Prior to commencing treatment, complete a thorough consultation. Including a description of the treatment, an explanation of the effects, results that your guest should expect and how your guest can continue the benefits of the treatment at home.
2. Ask the three appropriate questions for this treatment:
 - What position do you sleep in?
 - Are there any areas you would like me to avoid/ concentrate on?
 - Are you currently using any methods at home to help you sleep?
3. Direct the guest to lay face down. Place support under ankles, abdomen or bust if necessary.

INHALATION: 2 MINUTES

1. Spritz the pillow with Deep Relax Sleep Mist covering the guests face with dry mitt and guide the guest through Box breathing.
 - “To begin your treatment, I’d like you to take a few deep breaths in through your nose, and out through your mouth. (Allow the guest to inhale and exhale once) as you do this, I would like you to ensure you are breathing in for 4 seconds, holding that breath in for 4 seconds, exhaling for 4 seconds and holding that breath out for 4 seconds.
 - So, breathe in, 2, 3, 4 hold it in 2,3,4, breathe out 2,3,4 and hold the breath out 2,3,4. During the treatment if you feel your mind wondering re-focus on your breathing.”
2. Cleanse guest’s feet with warm infused mitts and confirm guest’s comfort.

BACK: 25 MINUTES - All moves repeated only once, slowly and rhythmically

1. Chakras
 - Heart chakra
 - Solar plexus
 - Sacral chakra
 - Hip plexus
 - Cranial pressures if head is straight, otherwise include in scalp massage.
2. Soothing
 - Standing at the head of the table, apply warm gel to the back using the figure of eight, Lemniscate Effleurage.

- One large Lemniscate starting at the top of the guest's right hand shoulder going across the body to the guest's left hip, over the buttocks to the right hip and up across the body to the guests left hand shoulder.
- Then two small Lemniscates covering each side of the back individually, starting on the guests right hand side then the left. x 3
- 3. Apply warm Rest Body Oil and Rest Body Balm mixture using the Lemniscate Effleurage as above.
 - Spinal pressures
 - Sliding Movement
 - Continuous Slide
 - Lifting Movement
 - Paino Movement
 - Effleurage Buttocks
 - Sacrum Kneading
 - Working each Buttock
 - Deep Drainage to Buttocks (T-Shape)
 - Effleurage to Kidneys
 - Arms squeezing
 - Arms pressures
 - Caterpillar
 - Freestyle Shoulder Work
 - Work on neck and shoulders together from head of table picking up to back of neck.
 - Cranial pressures to occipital ridge as in movement number 1.
 - Soothing - picking up to occipital bone.
 - Spinal slide. Draw up spine from base to head, with left hand on top of right. Hold head for 5 seconds after last movement.
 - Place face products in the cabby and wash your hands before turning your guest over. Removing body products if cabby cannot fit all.

BACK OF LEG (3 MINUTES / 5 MINUTES)

- Apply De-Stress Muscle Gel, followed by 1-2 pumps of Rest Body Oil to legs
- Rocking
- Effleurage to thigh
- Kneading to hamstrings (M shape)
- Effleurage to hamstring
- Effleurage to calf
- Kneading to calf
- Wringing to calf
- Effleurage
- Pressures on bladder meridian up the back of leg

- Effleurage
- Support above ankle, pull the leg away from body
- Repeat to other leg
- Turn guest over. Adjust bed accordingly, cover eyes and confirm comfort

FRONT OF THE BODY

RELAXING SCALP MASSAGE: 7 MINUTES

All movements repeated x3 times unless otherwise stated.

- Uncover and spritz the guests décolleté once with the Deep Relax Sleep Mist, covering the guest's face with dry mitt. Remind the guest to return to Box Breathing exercise.
- Work cranial pressures if not already done, then deep fingertip massage all over scalp.
- Static thumb rotations either side of sagittal suture.
- Circular pressures with middle 3 fingers around hairline to base of ears.
- Thumb slides along hairline to ears.
- Massage and unroll ears.
- Deep drainage movements from hairline to crown. x1
- Cup your clients head in your hands for 3 seconds.

FACIAL MASSAGE: 10 MINUTES

Massage – using the one pump of warm Luminosity Facial Oil massage the face. All moves are repeated 3 times unless otherwise stated.

- Effleurage
- Forehead pressures
- Sinus drainage
- Forehead effleurage
- Circles on temples
- Eye movements:
 - ❖ Lift and stretch
 - ❖ 4 pressures just above brows
 - ❖ 3 pressures under brows
 - ❖ Repeat lift and stretch
- Circles on nasal bone
- Cheek pressures 1
- Cheek pressures 2
- Chin pressures, knead masseter
- Lymphatic drainage 1 to cheeks
- Lymphatic drainage 2 to jaw
- Shoulder effleurage
- Kneading to back of neck

- Kneading to trapezius
- Pressures on supra scapula fossa x 1
- Soothing to trapezius. x 1
- Deltoids - sliding and kneading down to elbow
- Lymphatic drainage 3 under clavicle and effleurage. x 3
- Final effleurage, traction.
- Hold head for 5 seconds to finish.

Place De-Stress Muscle Gel and Deep Relax Body Oil back into cabby. Remove dry hot towel from cabby and place under the guest's head, bring each corner over their eyes to act as an eye mask.

ARMS – (2 MINUTES/ 3 MINUTES)

- Apply warm muscle gel in a figure of 8 to the arm, Lemniscate effleurage starting on the inside of the arm, travelling diagonally and then descending on the outside of the arm.
- Apply warm Rest Body Oil and Rest Body Balm to the arm using the figure of 8, Lemniscate Effleurage.
- Kneading to forearm.
- Kneading and drainage to wrists, fingers and palms.
- Figure of eight, lemniscate effleurage to the arm.

FRONT OF LEGS – (3 MINUTES / 4 MINUTES)

- Uncover both legs by twisting towel between legs.
- Apply warm muscle gel to the front of the legs using a Lemniscate figure of eight, going up on the inside of the lower leg, over the knee to the outside of the thigh and returning on the inside of the leg crossing again at the knee to finish on the outside of the leg by the ankle.
- Apply warm Rest Body Oil and Rest Body Balm mixture then spread with a figure of eight, Lemniscate effleurage as above and cover the guest's left leg.
- Effleurage right leg with both hands
- Applying extra oil to back of leg by effleuraging up the leg with the back of your hands, sliding under the thigh and lifting the leg at the knee.
- Circular kneading with flat of hand up thigh with other hand supporting under knee.
- Upwards drainage at back of calf.
- Replace leg flat: Double-handed lifting to thigh.
- Thumb circles around knee.
- Lemniscate Effleurage leg.
- Repeat movements 4 to 10 to other leg.

RELAXING FOOT MASSAGE: (2 MINUTES / 4 MINUTES)

- Effleurage on Rest Body Oil and Rest Body Balm mixture.
- Freestyle massage to foot.
- Final Effleurage and hold palm on sole of guest's foot for 3 seconds.
- Repeat to other foot.
- Uncover both feet to do toe pulls.
- Then hold palm on sole of guest's foot for 3 seconds, removing contact slowly.

POST-TREATMENT CONSULTATION:

- Aftercare recommendations
- Homecare recommendations