

THE ULTIMATE AROMATHERAPY EXPERIENCE

RELAX AND DE-STRESS. REVIVE AND SUPPORT. RENEW AND INNER STRENGTH. Real aromatherapy massage combines the power of pure essential oils with a specialized massage drawn from the traditions of both East and West, concentrating on the back, scalp, face, neck, shoulders and feet.

RELAX	Rest	Experience a deep relaxation for the body and intense calming for the mind. Petitgrain, Clary Sage, Vetiver.
DE-STRESS	Mike's Blend	Restore your body & mind. Reconnect with your intention to feel refreshed, tranquil, and grounded. Copaiba Balsam, Rosewood, & Sandalwood.
REVIVE	Maggie's Blend	A revitalizing blend that opens the heart and brings back your zest for life. Blood Orange, Geranium & Neroli.
SUPPORT	Relief	This blend helps to open your airways, making it easier to breathe deeply. Eucalyptus, Tea Tree, & Ravensara.
	Heat	Unwind, release tension, and sink into soothing muscle relief. Camphor, Black Pepper, & Ginger.
	Detox	Awakening blend designed to energize the mind and sharpen your awareness. Bergamot, Rosemary, & Juniper Berry.
	Peace on Earth (Pre-Natal)	A deeply soothing daily ritual designed to cultivate inner peace and radiate tranquility to those around you. Frankincense, Roman Chamomile, & Elemi.
FOREST THERAPY		• Restless, Agitated, On Edge

Pre-treatment consultation: 5 minutes

Prior to commencing the treatment 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 Aromatherapy Associates at home to continue the benefits of the massage.

2. 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 hands.

BACK: 40 MINUTES

- Chakras: place left hand on occiput (using no pressure), guest breathes deeply. As guest exhales, place right hand over chakra for 1 or 2 breaths.
 - Heart chakra (6th thoracic vertebra), remove on an inhale.
 - Solar plexus (12th thoracic vertebra), remove on an inhale.
 - Sacral chakra (top of sacrum), then sacral stretch: turn hand and stretch spine towards feet.
 - Hip plexus (middle of buttock), apply pressure then push down to feet, right then left side.
 - Remove right hand, and your left hand remains for 2 more breaths.
- Cranial pressures: with left hand supporting head on right side, apply pressures to left occipital ridge with right thumb. Press with slight rotation, maintaining pressure. Start behind mastoid process, find 5 points then move up central 'triangle' with 2/4 lighter points. Repeat to right side, reverse support and use right second and/or middle finger.
 - Soothing: picking up over occipital bone, stroking through hair.
 - Apply 3 to 4 pumps of chosen body oil and effleurage: up center of back, down sides, pull in at waist, cross hands and pull in over buttocks.

NOTE: (*) Movements are performed on alternate sides of the spine, from base to top, starting on far side of body (guest's right side).

- Spinal pressures in channel beside vertebrae: thumbs horizontal, 2 cm apart. Press downwards, hold, release, then slide up into space left between thumbs, aiming to cover whole area thoroughly. (*)
- Sliding movement vertebrae: 4/5 of about 15cm using thumbs, lifting off between slides. (*)
- Continuous slide from base to top of spine. (*)

- Lifting movement: dip into tissues using sides of index fingers, lift tissue away from body, then slide into next movement. Work away from spine, on far side of body from base to top, then near side. (*)
- Piano movement: line fingers up in channel, press, release, then slide across back, finishing on sides of thumbs for right side, sides of little fingers for left side. 4/5 movements from base to top of spine. (*)
- Effleurage buttocks, both together.
- Sacrum kneading with thumbs, sliding out over top of pelvis.
- Working to each buttock:
 - Pulling through with palms.
 - Pulling through with knuckles.
 - Kneading with knuckles.
 - Soothing with palms
- Deep drainage to buttocks: with thumbs, draw lines upwards to waist and slide outwards over top of pelvis (T shape). First line is on sacrum either side of mid-line, last line on sides of body. Draw 4 lines.
- Effleurage to kidneys and hold for 2 seconds.
- Arms: squeezing. Effleurage up either side of spine, then squeeze upwards towards heart on shoulders, upper arms, elbows, lower arms, wrists, then finish holding palms.
- Arms: pressures. Effleurage up either side of spine, then slide down arms applying pressures to axilla, elbow, wrist, thumb pad and palm. Pull middle fingers to finish.
- 'Caterpillar': small circles with thumbs either side of spine, in channel beside vertebrae. Maintain constant upward pressure.
- Shoulder work to one side, then the other:
 - Effleurage.
 - Pulling through with knuckles.
 - Kneading with knuckles.
 - Pressures around scapula, effleurage
- Work on neck and shoulders together from head of table picking up to back of neck.
- Cranial pressures to occipital ridge as in movement no.1.
- Soothing. Picking up to occipital bone as in movement no.4.
- Spinal slide. Draw up spine from base to head, with left hand on top of right. Hold head for 5 seconds after last movement

BACK OF LEGS: 10 MINUTES

- Check the guest is warm enough. Twist towel between legs. Both legs are worked together.

- Apply 2 pumps of chosen body oil with upward and outward fanning movement.
- Effleurage to both legs, letting go smoothly at the thighs.
- General kneading to soles of both feet together.
- Lines of pressures to soles of both feet: first line is on inner arch, then one line from center of each toe, using thumbs.
- Picking up to ankles, Achilles tendons, calves and thighs (inner, middle, outer).
- Pressure points slide from heel: apply pressures with thumbs at top of Achilles tendon, mid-calf, parting of hamstrings and point under ischium. Hold each for 2 seconds.
- Effleurage to both legs, letting go smoothly at the thighs. Hold palms on soles for 5 seconds to finish.

NOTE: Wash hands before working on scalp and face. Turn guest, support under knees and head, if necessary, check body is straight on plinth.

SCALP AND FACE: 20 MINUTES

- Place 1 drop of Mike's Blend Essential Oil on a tissue and lay on client's chest. Cup your hands together 20cm away from face and stroke over hair. X3
- Deep fingertip massage starting at the occipital ridge and working all over scalp.
- Draining through hair with fingertips all over scalp.

NOTE: Optional: Cleanse face with appropriate cleanser and tonic.

- Apply 1 pump of face oil to face, neck and chest and effleurage.
- Forehead pressures with thumbs: starting at bridge of nose working out to temporal bone (4/5 lines).
- Sinus drainage from
- third eye point to hairline with thumbs or fingers alternating.
- Forehead effleurage with alternate palms. Finish with both hands on forehead, hold, (no pressure) then gently slide off over hairline.
- Circles on temporal bone.
- Eye movements:
 - Slide under eyes with index fingers, middle fingers help to lift and stretch brows.
 - Slide under eyes with 4 pressures just above eyebrows with index and middle fingers.
 - Slide under eyes with 3 upward pressures under orbital ridge with index fingers.
 - Repeat movement 1 to finish sequence, finishing on nasal bone

- Nose: circles on nasal bone and slide off over forehead, avoid hair.
- Cheek pressures 1: pressures starting beside nasal bone, across cheekbone to ear.
- Cheek pressures 2: pressures starting beside nostrils, under cheekbones to ear.
- Chin pressures x 3 then slide to masseter and knead with fingertips.
- Lymphatic drainage 1 with fingers across cheeks.
- Lymphatic drainage 2 with fingers across jaw.
- Shoulder stretch: with hands under clavicles stretch pectorals towards floor; stretch tops of arms towards floor; cup top of shoulders and stretch towards guest's feet.
- Back of neck: deep kneading with fingers, thumbs or knuckles.
- Kneading to trapezius with fingers, thumbs or knuckles.
- Supra scapular fossa: thumb pressures on $\frac{3}{4}$ points in channel just behind top of shoulders working inwards. Press down slowly, hold for 5-10. 20. Soothing to trapezius.
- Deltoids: sliding down front, middle & back, then knead front & back.
- Lymphatic drainage 3 under clavicles with fingertips or thumbs, apply pressure at axilla. Effleurage behind shoulders and neck, sliding under head.
- Final effleurage to chest and shoulders, traction. Hold head for 5 seconds.

ABDOMEN: 5 MINUTES

- Apply 1 pump of chosen body oil to hands, then gently place hands on solar plexus and abdomen, hold for 2 breaths.
- Clockwise effleurage to spread oil.
- Colon stroking: descending, transverse then ascending.
- Circling to solar plexus anticlockwise with left palm on top of right.
- Stroking from solar plexus to navel with alternate fingers.
- Diaphragm release: first move: thumbs follow ribs, slide behind waist, lift, drain to groin; second move is further away from ribs, ending in the same way; third move is straight down over stomach to navel, end as before.
- Repeat no.4.
- Finish by placing left hand on guest's shoulder. Remove right palm from solar plexus slowly, then remove left palm.

FRONT OF LEGS: 5 MINUTES

Twist towel between legs. Both legs are worked together.

- Apply $1\frac{1}{2}$ to 2 pumps of chosen body oil then spread with upward and outward fanning

- movement.
- Effleurage to both legs, letting go smoothly at the top of the thighs.
- General kneading to soles of both feet (work one foot and then the other).
- Diaphragm release: thumbs hold solar plexus reflex points on both feet while fingers bend toes over thumbs.
- Top of foot: thumb kneading then 3 pressures between tendons.
- Picking up to ankles, then slide up outside of tibia to pressure point under tubercle. Continue picking up beside knees and to thighs (inner, middle, outer).
- Toe pulls and effleurage. Then hold palms on soles to finish for a count of 10. Remove slowly.

POST TREATMENT CONSULTATION: 5 MINUTES

- Wash Hands
- Apply a drop of Peace on Earth Essential on a tissue and place on guest's chest
- Fill out their Homecare Plan