

UNWIND & DE-STRESS BODY

Nurturing and centered, a blend focused on mindful balance. Perfect for over-stimulated systems. Offers focus and peace to the mind.

TYPICAL GUEST

- Those who need to unwind and refocus.
- Busy executives with day-to-day stresses and strains and an emotionally demanding lifestyle.

WHAT IS UNIQUE ABOUT THIS TREATMENT

- Box breathing inhalation with Mike's Blend Essential Oil to focus the mind and encourage deep breathing.
- Relaxing Scalp Massage to soothe a heavy head and frees the mind of stressful thoughts.
- Gentle mobilizations and stretches to improve muscle elasticity and flexibility.

KEY INGREDIENTS

- Cedarwood, Copaiba Balsam, Rosewood, Cardamom, Myrrh, Allspice, Clove, Tangerine, Ylang Ylang, and Sandalwood

PRODUCTS REQUIRED FOR THE TREATMENT

1. De-Stress Muscle Gel
2. Mike's Blend Body Oil
3. Mike's Blend Essential Oil

TREATMENT FREQUENCY: Once a week or as required.

RECOMMENDED HOMECARE



CAREFUL CONSIDERATIONS: Not recommended during pregnancy or for those with epilepsy.

TREATMENT PREPARATION

TREATMENT PROCEDURE:

All movements in this treatment are repeated only once, slowly, and rhythmically unless otherwise stated.

PRE TREATMENT CONSULTATION

Prior to commencing treatment carry out 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.

Direct the guest to lay face down. Support under ankles, abdomen or bust if necessary.

INHALATION: 1 MINUTES

- Place a small inhalation bowl under the face cradle with 1-2 drops of Mike's Blend Essential Oil and guide the guest through Box breathing.
 - Inhale 4 seconds → Hold 4 seconds → Exhale 4 seconds → Hold 4 seconds.
- Cleanse guest's feet with warm lavender infused mitts and confirm guest's comfort.
- Effleurage De-Stress Muscle Gel onto back

GENTLE MOBILIZATIONS: 3 MINUTES

All movements are repeated (2) times unless otherwise stated, and each technique is held for the count of 5 seconds, which is recommended amount of time to reach the ultimate benefits of flexibility.

- Over the towel, rocking the body, starting on the back and move down towards the Feet.
- Palm walk from the Feet up the Legs towards the Head.
- With palm cross stretch the Back; Shoulder blade and Hip stretch opposites way
- With Forearms spine stretching and then top of shoulder
 - Supporting the whole Arm, rotate the arm forwards and backwards.
 - Supporting above Wrist and Elbow, stretch the Arm down towards the Feet.
 - Take the Arm to a 90 degree angle, on the side of the table, and pull outwards.
 - Repeat stretching the Arm down towards the Feet.
 - Repeat to other Arm.
- Palm walk down the body towards the feet, pull the Leg away from the body.

BACK MASSAGE: (18 MINUTES / 30 MINUTES)

- Cranial pressures
- Soothing to cranial area
- Apply De-Stress Muscle Gel, followed by 3-4 pumps of Mike's Blend Body Oil to back.
- Effleurage beside spine and return, then up one side of the back and then the other.
- Rocking
- Spinal pressures
- Sliding movement
- Continuous Slide
- Deep kneading to sacrum
- Working on each buttock
- Repeat to other side.
- Deep fingertip kneading
- Wringing to back

- 'Opening' to erector spinae.
- Freestyle shoulder work: including 'opening' to rhomboid and arm stretch end with (1) round of cranial pressure.
- Picking up to back of neck
- Shoulder stretch
- Spine stretching
- Spinal Slide
- Hot Towel

BACK OF LEG (5 MINUTES / 10 MINUTES)

- Apply De-Stress Mind Gel to back of leg & (1) or (2) pump(s) of Mike's Blend Body Oil to legs.
- Rocking
- Effleurage to Thigh
- Kneading to Hamstrings (M shape)
- Deep wringing to hamstring with palms
- 'Opening' to Hamstring
- Effleurage to Hamstring
- Effleurage to Calf
- Kneading to Calf
- Wringing to Calf
- Opening to top of Calf to the Achilles
- Effleurage
- Pressures on bladder meridian up the back of Leg
- Effleurage and deep kneading sole of Foot
- Mobilize the leg by bending the knee to a 90 degree angle and rotating to the right and then the left stretch the Calf, by pushing the ball of the Feet.
- Beat the heel of the Foot.
- Piriformis Pressure and reach down to stretch lower leg toward Glutes.
- 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.

Over the towel, rocking the body, starting on the back, and moving down towards the feet. Palm walk from the Feet up the Legs towards the Head.

FRONT OF LEGS (5 MINUTES / 10 MINUTES)

- Apply De-Stress Muscle Gel & (1) or (2) pump(s) of Mike's Blend Body Oil to legs.
- Rocking
- Effleurage to thigh
- Kneading to Quads
- Wringing to Quads
- Deep Slide TFL

- Deep Slide Pressure to GB 31
- Effleurage to Thigh
- 5-point pressure around Patella
- Drainage around Patella
- Effleurage to lower Leg
- Kneading to tibialis
- Butterfly knead to Calf.
- Effleurage to Shin
- Kneading around ankle and Achilles
- Effleurage and knead to top of Foot.
- Hook the forearm behind the guest's Knee and stretch Thigh.
- Slide with forearm down the lower Leg, replacing the Leg down the table to stretch Calf.
- Effleurage and repeat on other Leg – Final Leg Stretch

ARMS (5 MINUTES / 9 MINUTES)

- Apply De-Stress Muscle Gel & (1) pump of Mike's Blend Body Oil to arm.
- Rocking
- Deep Knead to Upper arm and forearm
- Opening to forearm
- Kneading to wrist, finger, and palm
- Final effleurage
- Arm Stretch and Repeat

Chest, Neck & Shoulders (5 MINUTES / 6 MINUTES)

- Apply (1) pump of De-Stress Mind Body Oil
- Deep Kneading to the back of neck
- Opening to back of neck
- Kneading to traps
- Pressure is Supra Scapular Fossa
- Soothing to traps
- Opening to Shoulder Capsule and Pecs
- Opening to SCM
- Final Effleurage & Shoulder Stretch
- Traction with finger pressures underneath brow and occiput

Relaxing Scalp (6 MINUTES / 7 MINUTES)

- Inhalation (1) drop).
- Deep finger kneading Scalp.
- Sagittal pressures
- Circular pressures
- Sagittal & Circular
- Fingertip pressure from hairline to ear
- Thumb slide drain.
- Massage ear & unroll.

- Deep Draining through hair.
- Cranial Hold 3-seconds.

GENTLE MOBILIZATIONS: (3 MINUTES / 5 MINUTES)

All movements are repeated (3) times, and each technique is held for the count of 5-seconds.

- Over the towel, rocking the body, starting on the torso and move down towards the Feet.
- Palm walk from the feet up the legs towards the Head.
- Neck stretch
 - Ease guest's head towards the shoulder right and then left.
 - Supporting the head and do a traction to the neck, if possible.
 - Floor, floor, feet stretch.
- Shoulder to hip stretch:
 - Place one hand on the right shoulder and other hand on left hip and push.
 - Repeat to opposite side.
- Legs stretch:
- Place hands side by side on guest's thigh, over towel and then on lower leg.
 - Stretch leg away from guest's body.
 - Bend knee towards guest's chest and then opposite shoulder.
 - Place foot down, closer to buttock as possible and pull thigh, creating a stretch to lower back and buttocks.
 - Butterfly stretch to leg
 - Straighten leg and repeat stretch away from the guest body.
- Foot work
 - Support the foot above the ankle and
 - ❖ rotate foot to the right and left.
 - ❖ Flex and point foot.
 - ❖ Stretch over knuckles in three areas.
 - Repeat to other leg and foot.

PRESCRIPTIVE CONSULTATION: 3 MINUTES

- Aftercare recommendations
- Homecare recommendations