

ESPA

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ESPA Body Expert Treatment  
Training Manual

# Sensory Testing

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## Body Oils



# Body Mechanics

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Good body mechanics are essential for massage therapists. Proper body mechanics ensure longevity in your career, it also prevents injury and fatigue and helps improve the quality of the massage you give.

- Warm up, stretch out your fingers, hands, arms and legs before starting treatments
- Table height is important, it should reach the tips of your fingers or fist, however this can be lowered for deep tissue work
- Keep your head and spine aligned and drop your shoulders, no twisting
- Your outside leg should be bent when at the side of the couch and the inside leg should be straight
- When facing the couch, you should keep your knees bent
- Knees should never be hyperextended, they should remain relaxed and not locked
- Avoid over use of your fingers and thumbs instead use palms, heel of hands, forearms and elbows
- Use your bodyweight
- Dance with the strokes, your weight should shift from foot to foot
- Engage your core
- Work smarter not harder!

**Warm-up exercise** (hold each movement for 20 seconds and breathe deeply)

1. Neck stretch – gently pull head towards the shoulder, repeat to other side
2. Triceps and shoulder stretch – pull arm over chest and use opposite hand to stretch, repeat to other side
3. Interlock hands behind the head, pull elbows back
4. Abdominal stretch – arms above the head, up on tip toes and stretch
5. Lower back stretch – rotate the waist one side then the other
6. Place right ankle above left knee and squat on one leg, repeat to other leg
7. Quadriceps stretch – lift foot up to glute, you can use opposite arm to help balance
8. Hamstring stretch – touch the toes or floor if you can
9. Hamstring stretch – legs wide apart, stretch over right leg, moving to middle then left leg, hold each for 20 seconds
10. Hamstring, calf stretch – right leg forward heel down, bend forward and stretch, repeat to other side
11. Rotate the ankle one way then the other

**Continue with warm-up for hands and wrists**

12. Shake out the hands
13. Hand rotation up and down opposite forearm
14. Make a fist and rotate both hands clockwise then anti-clockwise
15. Place the hands in a prayer position push the hands against each other, move from side to side
16. Place the hands in a prayer position and spread the fingers and push against each finger working back and forth
17. Shake out the hands





# Inner Calm Massage

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60 / 90 minutes

## Preparation

- 2 pairs of mitts
- Inhalation bowl
- Wheat heat pack in cabbie
- Eye pillow in cabbie
- 1 pair of rose quartz crystals in cabbie

## Sensory Test

- Bath & Body Oil x2 most appropriate
- Show Pink Hair and Scalp Mud and Rose Quartz crystals to client, explaining the benefits
- For 90 minutes Men's Inner Calm Massage sensory check Men's Triple Action Grooming Oil

## Treatment Procedure

### Client face down

- Hot mitts to the feet, cover and blot dry
- Inhalation bowl and Guided Breathing (see procedure)
- Back massage (see procedure)

### Legs (start on right leg)

- Stretch over towel from popliteal
- Uncover modesty elbow
- Apply oil from popliteal (one hand to glute one hand to foot)
- Full leg effleurage x3
- Forearm effleurage to thigh
- Side kneading
- Knuckle thigh (support knee) working on IT band
- Wring thigh

- Thumb slide (ankle to popliteal)
- Knead calf (inner then outer)
- Bend leg – drain
- Rotate ankle
- Flat hand to foot
- Effleurage – pull leg
- Cover (bear walk from glute to foot)
- Repeat procedure to left leg

#### **Client face up**

- Place the warm wheat pack to the neck and shoulders
- Place modesty towel if appropriate
- Place the warm eye pillow over the eyes

#### **Legs (start on right leg)**

- Stretch over towel from knee
- Uncover modesty elbow
- Apply oil from knee (one hand to hip one hand to foot)
- Full leg effleurage x3
- Side kneading to thigh
- Wring thigh
- Thumb kneading to knee
- Slide either side of knee
- Knead calf (inner then outer)
- Zig zag calf (inner then outer)
- Frictions to ankle
- Zig zag foot (top of foot)



- Sandwich foot (up and down)
- Rotaries to sole of foot and pull toes
- Effleurage – pull leg
- Cover (bear walk from hip to foot)
- Repeat procedure to left leg

#### **Abdomen (optional)**

- Stretch over towel with hands and uncover
- Oil to abdomen (diamond)
- Knead colon
- Drain waist forward one side at a time
- Finish (diamond)

#### **Arms (start on right arm)**

- Stretch over towel from elbow
- Apply oil from elbow (one hand to shoulder one hand to the client's hand)
- Arm effleurage (alternate)
- Supporting the client's elbow, knead the upper arm
- Knead lower arm (front and back)
- Heel kneads to palm
- Thumb kneads to palm
- Pull fingers
- Effleurage full arm – stretch
- Cover (bear walk shoulder to hand)
- Repeat procedure to left arm



## Décolleté

- Inhalations
- Oil to décolleté
- Sweep shoulders and push down on each shoulder
- Work down arms – up to occipital
- Knuckle shoulders, trapezius and pectorals
- Side neck stretch (remove excess oil from hands)
- For 90 minutes Men's Inner Calm Massage apply Men's Triple Action Grooming Oil

## Rose quartz crystals

- Alternate sweeps through the 3rd eye
- Drainage from eyebrows to hairline
- Drain from centre of forehead to temples
- Clockwise rotation on 3rd eye
- Scalp massage (60 minutes – express scalp massage, 90 minutes – full scalp massage)
- Realignment to feet (see procedure)
- Remove excess oil from the feet with hot mitts, cover and blot dry
- Realignment to shoulders (see procedure)

## Express Scalp Massage

- Apply Pink Hair and Scalp Mud mixed with a small amount of the chosen Bath & Body Oil (optional)
- Double thumbs, split thumbs, deep rotaries, pony tail push & pull to finish

## Realignment

### To the feet

- Hands sweep up to knees and on exhale stretch at ankles
- Hands sweep up to knees and on exhale push on soles of the feet
- Remove excess oil from the feet with hot mitts, cover and blot dry

### To the shoulders

- On exhale breath push shoulders to feet simultaneously then alternately
- On exhale breath push shoulders towards the couch alternately
- Slide down arms to elbows, up to occipital and gently stretch

## Breathing Exercise

- Holding the inhalation bowl ask the client to take 3 deep breaths
- Ask the client to inhale deeply into the abdomen and as they exhale release any worries stress or tension
- With every exhale breath feel the body becoming heavy and relaxed
- Ask the client to continue with this awareness of their breath throughout the treatment
- Lower the inhalation bowl to the floor

# Back Massage

(For Inner Calm and Hot Stone Massage)

*20 minutes*

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- Therapist should stand on client's right side
  - Spread oil along spine – rock x3
  - Effleurage up back down arms to hands include inner, middle and outer back x3 \*
  - Side kneading (both sides) \*
  - Double hand kneads to glute, repeat to opposite side (large circles) \*
  - Double hand kneads to glute, repeat to opposite side (small circles) \*
  - Thumb pressures to sacral triangle (out and down) \*
  - Knuckle up spine, glide to occipital, one hand to support
  - \* Warm shoulder
  - Slide down the arm and step onto lower back
  - Double thumbs up side of spine – forearm to shoulder – effleurage down arm x3
  - Repeat above movement with double flat hands x3
  - Repeat above movement with elbow x3
  - Elbow around shoulder – effleurage down arm x3
  - Gently stretch arm down then bring the arm above head
  - Supporting at elbow, effleurage down to the glute sliding back up gently stretch arm above head (only go as far as is comfortable for the client)
  - Place client's arm on back, work scapula (if comfortable) with kneading, knuckling, stretching, support shoulder with other hand or rolled towel\*
  - Gently stretch arm down
  - At head of client reverse effleurage
  - Repeat to other side from \*
  - Freestyle massage to client's concerns \*
  - Thumb pressures down either side of spine on exhale

- Knuckling to glutes
- Deep strokes up back
- Cover – stretch and rock
- Pinch and rock to spine
- Diagonal stretches
- Using one hand large circles up back
- Squeeze shoulders bear walk to feet
- \*With hot stones if performing a Hot Stone Massage

# Scalp Massage Routine

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If the client would like product in their hair, a minimal amount of Pink Hair and Scalp Mud mixed with chosen Bath & Body Oil should be applied to the scalp (not the hair). If the client requests not to have a scalp massage, offer a hand and arm massage.

- Single double thumbs (pushing forward at the hairline)
- Single split thumbs
- Deep upward, static rotaries
- Stroking with flat palmer hands (heel to fingertips)
- Clawing, standing facing the client, one side to the other (allow the head to roll to the side)
- Gentle hair tugging – pull straight out with continuous alternate pulls right to left, then work to the back of the head pulling each section
- Stroking with flat palmer hands
- Support head – taking full weight of client's head
- Turn the head (supporting with hand)
- \*\*Deep finger kneading to trapezius then occipital
- Deep static rotaries to back and side of scalp
- Cover ear for 5 seconds
- Pressures to outer ear from lobes to upper ear
- Cover for 5 seconds
- Outer ear gentle tugs
- Cover for further 5 seconds
- Effleurage entire outer ear
- Slide up trapezius, support the head, centralise head (hold for 3 seconds), turn to opposite side
- Repeat movements to other side \*\*
- Centralise the head – keeping the head in the hands (taking the weight) place the finger tips under the occipital ridge and knead the head until it rests on the couch
- Frictions

- Gentle palm stroking through to the end of the hair
- Pony tail push and pull
- For a client with short or no hair, place both hands to the side of the head and compress with gentle circles and finish with double hand crown circles, releasing slowly and gently

#### **Scalp massage with hot stones**

- Carry out regular scalp massage to point of head turn
- With stones effleurage trapezius and small circles up neck and along occipital ridge x3
- Carry out regular ear movements – using stone to cover at each stage
- Centralise head
- Repeat to other side and finish as normal



# Stone Therapy

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What is stone therapy?

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What types of stones are used?

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Benefits of hot stones

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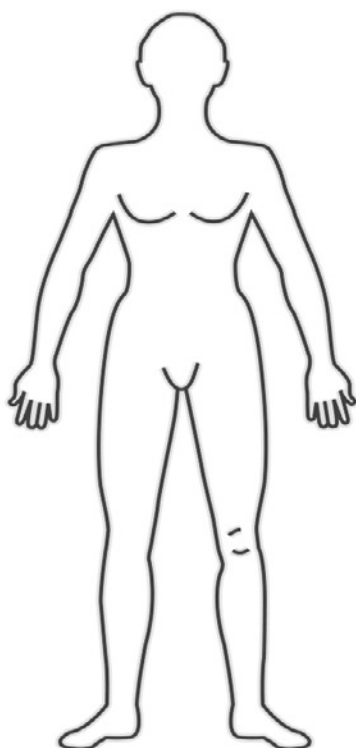
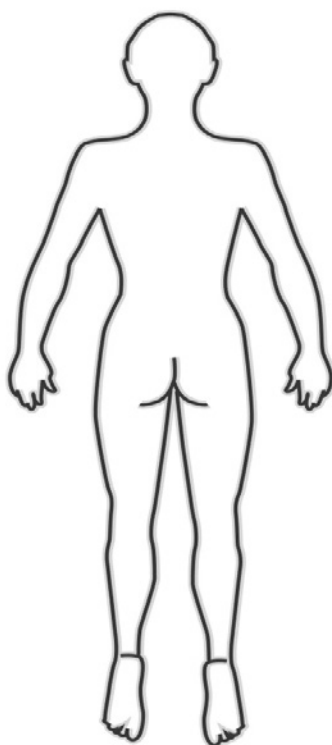
## Contra-indications to using Hot Stones

- Diabetes and loss of skin sensation
- Pregnancy
- Epilepsy
- Heart conditions
- High or low blood pressure
- Life maintaining medication
- Metal implants
- Skin sensitivity, sunburn,
- Eczema, psoriasis
- Varicose veins
- Menopausal hot flushes
- Osteoporosis
- Scar tissue
- Bruising
- Nerve damage or neuropathy

*If you are in any doubt whether a client can receive a hot stone treatment, ask them to provide a doctor's note.*

# Suggested stones needed for a Full Body Hot Stones

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# Guidelines of using the Hot Stones

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Find the client's main concerns and needs via a thorough consultation

Never place hot stones directly on the skin

Never work on bony areas

Ensure stones are at a correct temperature for each individual client (heater must never be over 55°C). Clients will vary in sensitivity. Do not assume that everyone feels the same. Those with natural blonde or red hair, the elderly, thin skinned persons and those on medications can often be more or less sensitive to heat. Always remember that the use of stones may not always be conducive to each client.

Have a bowl of cold water prepared to dip stones if too hot

First contact with stones on the skin should be a seamless, flowing movement as the stone moulds with the hand. Then use light rapid movements turning the stone to reduce heat then apply stones with full pressure and slower movements

Always place stones “clockwise” onto the chakras over a towel

Always remove stones “anti-clockwise” from the chakras

Use light to medium pressure on delicate areas

Medium consistency oil is recommended so that stones can glide easily

Never heat stones in the microwave

## Care of your Hot Stones

Care and hygiene of stones is important as the risk of transfer of bacteria and infection from one client to another is high. Strict cleansing procedures must be adhered to. Clean stones will also have the ability to recharge more effectively and therefore deliver better transference of heat. See cleansing procedure below.

### Between clients

- Soak in warm water with a high-level medical disinfectant
- Rinse in cool water
- Replace in heater

### End of day

- Wash stones in hot soapy water with a high-level medical disinfectant
- Rinse and soak in cold water
- Oil each stone (Nourishing Body Oil)
- Place in a re-charge circle

### What is a 're-charge' circle?

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# Grounding

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A holistic term meaning to centre your mind, body and soul.

When grounded we may feel...

- Happy
- Relaxed
- Calm
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What steps can you take to keep yourself grounded through the day?

- Be organised
- Breathe
- Visualisation / positive affirmations & mantras
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Why is it important for a therapist to be grounded?

# Chakras

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Number	Name	Colour	Meaning
7	Crown Chakra	Violet or Clear	Spiritual Energy
6	Third Eye Chakra	Purple	Intuition
5	Throat Chakra	Blue	Communication
4	Heart Chakra	Pink or Green	Love
3	Solar Plexus Chakra	Yellow	Emotional Connection
2	Sacral Chakra	Orange	Creative Energy
1	Base Chakra	Red	Grounding



# Hot Stone Massage

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*60 / 90 minutes*

## Preparation

- 2 pairs of mitts
- Inhalation bowl
- Eye pillow in cabbie
- 33 hot stones
- Bowl of cold water to cool stones if needed
- Large bowl with warm water and medical grade disinfectant (after treatment rinse in cold water and replace in heater)

## Sensory Test

- Bath & Body Oil x2 most appropriate
- Introduce Pink Hair and Scalp Mud to client

## Treatment Procedure

Refer to the Inner Calm Massage procedure









# Back, Face and Scalp Treatment

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90 minutes

*See facial chart to adjust facial products according to skin type / conditions*

## Preparation

- 2 sets of damp cotton wool for Bio-Active Eye Cleanser and 2 sets of damp cotton wool with Soothing Eye Lotion
- 2 sets of dry cotton wool pads soaked with Hydrating Floral Spa-Fresh Tonic and Balancing Herbal Spa-Fresh Tonic
- Bowl of warm water
- 6 pairs of mitts (5 pairs for facial and 1 pair for feet)
- 1 hot towel, dampened placed into cabbie to remove back exfoliation
- 1 dry hot towel placed on top of cabbie to buff the back
- Steamer

## Sensory Test

- Spa-Fresh
- Treatment Oils x2 most appropriate for their skin – apply with 1st and 2nd finger on client's forearm
- Bath & Body Oil x2 most appropriate – apply with 1st and 2nd finger
- Introduce Pink Hair and Scalp Mud

## Treatment Procedure

- Eye and lip cleanse (see procedure)
- 1st cleanse with appropriate cleanser
- Skin analysis with SkinVision™
- Client face down
- Hot mitts to the feet, cover and blot dry
- Inhalation bowl

- Back exfoliation with Exfoliating Body Polish
- Remove with hot towel, blot and buff with dry hot towel
- Back massage
- Client face up
- Realignment
- Continue with appropriate Inner Beauty Facial from second cleanse

## Realignment

### At the feet

- Hands sweep up to knees and on exhale stretch at ankles
- Hands sweep up to knees and on exhale push on soles of the feet

### At the head

- On exhale breath push shoulders to feet simultaneously then alternately
- On exhale breath push shoulders towards the couch alternately
- Slide down arms to elbows, up to occipital and gently stretch

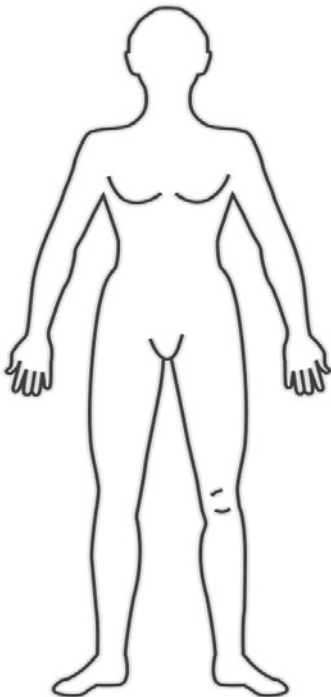
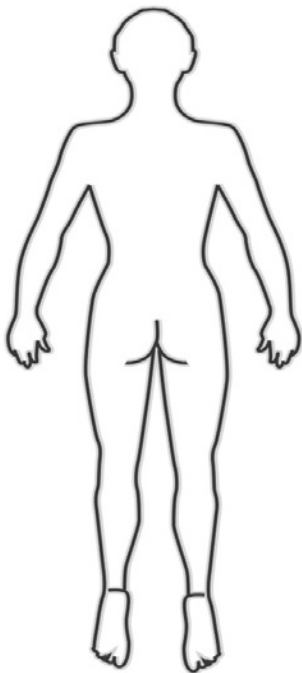
# Back, Face and Scalp with Hot Stones

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*90 / 120 minutes*

- Eye and lip cleanse (see procedure)
- 1st cleanse with appropriate cleanser
- Skin analysis with SkinVision™
- Client face down
- Hot mitts to the feet, cover and blot dry
- Inhalation bowl
- Back exfoliation with Exfoliating Body Polish
- Remove with hot towel, blot and buff
- Back massage with hot stones (8 stones)
- Client face up
- Realignment
- Place chakra stones over the towel
- Place hand stones, check the temperature first
- Continue with appropriate Inner Beauty Facial from second cleanse
- Remove stones from hands
- Remove chakra stones

Stones needed for Back, Face and Scalp





# Shoulder, Neck and Scalp Massage

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*25 minutes*

## Treatment Procedure

- Application of Pink Hair and Scalp Mud to scalp
- Nourishing Body Oil to décolleté
- Heel of hand pressures across chest
- Thumb pressures under clavicle
- Push away from clavicle using alternate thumbs
- Skin rolls to chest
- Alternate shoulder pushes down towards the feet
- Alternate shoulder pushes towards the bed
- Effleurage across chest, down to elbows and up to occipital
- Knuckle neck and shoulders
- Deep thumb drains down back of neck
- Stretch head to one side, hold for 5 seconds
- Drain and stretch shoulder
- Repeat to other side
- Centralise head
- Stretch at occipital
- Fingertip kneads to occipital and slide into scalp massage
- Scalp Massage (core procedure)

# Invigorating Foot Treatment

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*25 minutes*

## Preparation

- 3 pairs of mitts
- 2 hot towels
- V pillow (if available)

## Sensory Test

- Bath & Body Oil x2 most appropriate

## Treatment Procedure

- Hot mitts to the feet

### Right leg

- Using Exfoliating Body Polish
- Knead outer calf
- Knead inner calf
- Knead front of shin bone
- Knead Achilles
- Thumb kneads to sole of foot
- Remove with hot mitts, cover and blot dry
- Repeat to left leg

## Massage Procedure

- Effleurage using chosen Bath & Body Oil to lower leg
- Kneading to outer calf
- Kneading to inner calf
- Cupped drainage to back of leg both hands
- Zig zag drainage to outer leg then inner (ankle to knee)

- Knead top of knee (may be different for each client)
- Pull down on achilles (towards heel) – effleurage achilles (may place foot on solar plexus for support)
- Stroke upwards on either side of Achilles
- Sandwich up to toes
- Starting with big toe working to little toe – gently pull each toe. Apply pressures to each side of all toes – finishing with pressure and release on the nail of each toe
- Pull and rotate each toe individually, working from big toe to little toe
- Drain behind each toe individually (base to tip)
- Deep kneading to sole of foot – thumbs then knuckles
- Spinal twist to foot
- Support ankle with one hand and rotate with the other
- Effleurage
- Repeat massage to left leg
- To finish place bolster under calf area of both legs
- Wrap each foot in hot wet towel (one at a time) – squeeze the foot to remove excess oil
- Dry and blot
- Apply Skin Rescue Balm to heels if needed

# Body Brushing / Polish / Salt Scrub Procedure

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## Benefits of Skin Stimulating Body Brush

- Aids the removal of dead skin cells, improving skin texture
- Improves cell renewal
- Increases circulation – which increases the removal of metabolic waste – encouraging lymphatic drainage – so the body functions more efficiently
- Helps reduce the appearance of cellulite due to increased blood circulation
- Helps improve muscle tone
- Rejuvenates the nervous system – by stimulating nerve endings on the skin

## Points to Remember

- Although brushing pressure should not be heavy it must be purposeful, firm, fast, thorough and not irritating
- Brushing should always be towards the nearest lymph node
- A brush stroke should always be followed by a hand stroke to make the procedure as comfortable as possible

## Points to remember for Salt Scrub

- Sensory test Salt Scrub
- When combining Salt Scrub and massage, sensory test 2 Bath & Body Oil then choose appropriate Salt Scrub.
- Relaxing – Soothing, Restorative, Restful, Fitness or Positivity
- Detoxifying - Detoxifying, Energising or Fortifying

## Preparation

- 5 pairs mitts
- 1 Hot towel for Salt Scrub
- Skin Stimulating Body Brush
- Disposable underwear
- Eye pillow in or on top of the hot towel cabbie (to cover the eyes)
- Plank towels for Body Brush & Body Polish

## Procedure

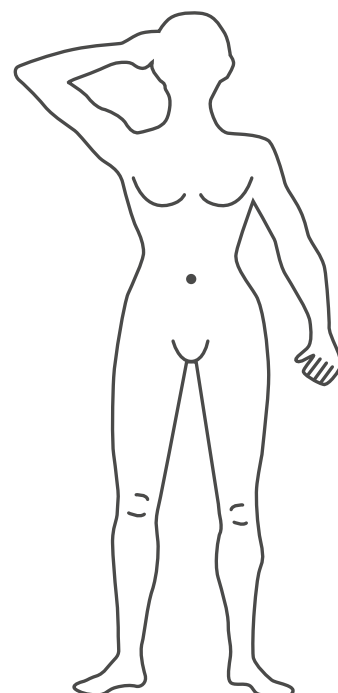
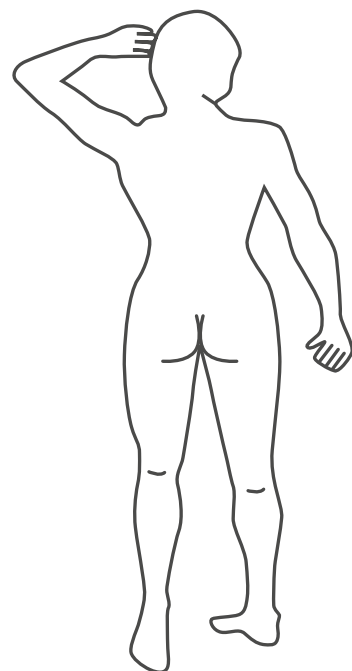
### Client Face Down

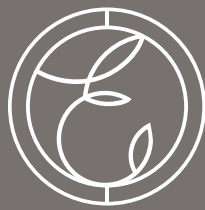
- Hot mitts to the feet, cover and blot dry
- Body brush right side of body – from foot
- Dampen skin with warm mitts –from the foot  
**(ONLY FOR SALT SCRUB)**
- Apply Exfoliating Body Polish or Salt Scrub
  - Balinese application
- Circle - ankle to shoulder then wrist to shoulder
- Friction - ankle to shoulder then wrist to shoulder
- Remove with warm mitts – from foot cover and blot  
**(ONLY FOR BODY POLISH)**
- Repeat to left side of the body

### Front of Body

- As back of the body but points to remember for front of body
- Place warm eye pillow over the eyes (optional)
- Place modesty towel to bust area (optional)
- Strokes to abdomen and décolleté
- Hot towel to back to remove **SALT SCRUB ONLY**
- Assist the client to the shower for **SALT SCRUB ONLY**

For Body Brush & Polish finish with application of appropriate body moisturiser





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