

Inner Calm Massage

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

- Body Oils x2 most appropriate
- 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)
- 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 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
- Wring thigh
- Knead 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 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
- Spritz the hands with Balancing Herbal Spa-Fresh Mist

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

