

ESPA

ESPA Mindful & Positivity Massage
Training Manual

What Does It Mean To Be Mindful?

-
-
-
-

Grounding

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

When grounded we may feel...

- Happy
- Relaxed
- Calm
-
-
-
-

What steps can you take to keep yourself grounded through the day?

- Be organised
- Breathe
- Visualisation / positive affirmations & mantras
-
-
-
-

A person is shown from the chest up, their right arm raised high with a clenched fist. They are wearing a light-colored, long-sleeved shirt. The background is a bright, golden-yellow sun, creating a strong lens flare effect. The overall mood is one of triumph, hope, and positivity.

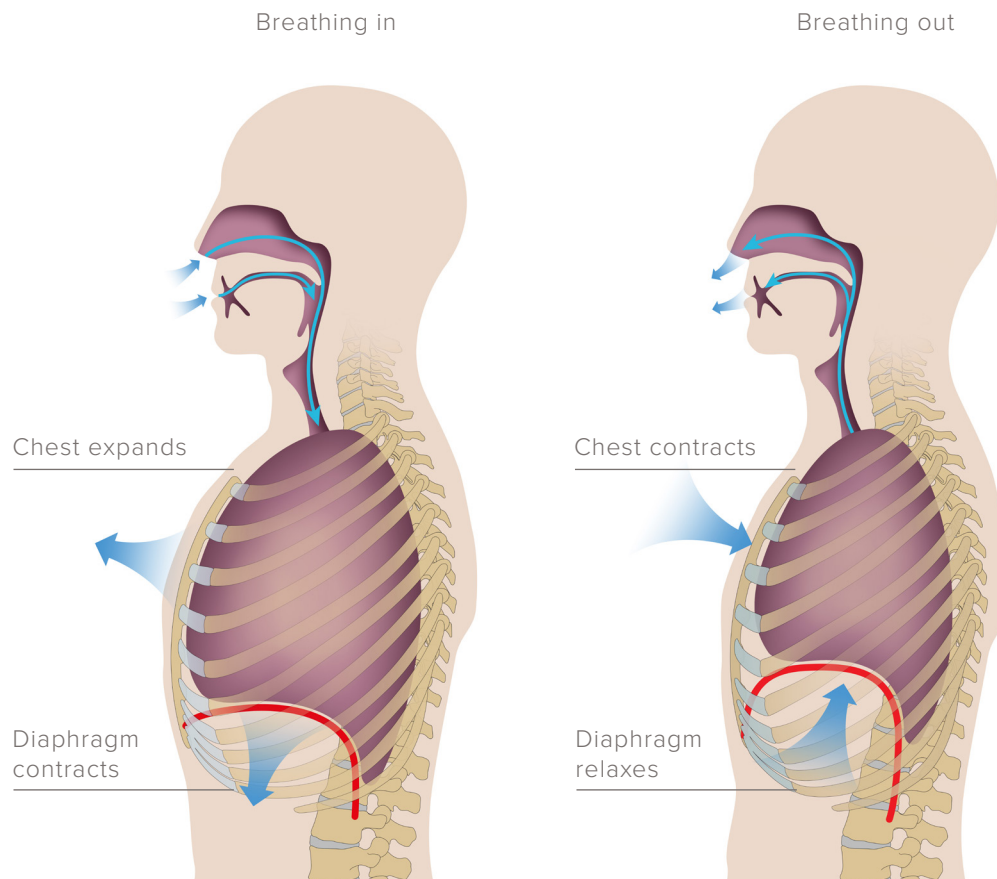
How Would You Describe Positivity?

- Cheerful
- Optimistic
- Hopeful
-
-
-
-
-

Diaphragmatic Breathing

Breathing is important for a number of reasons:

- It supplies all our organs and cells with the supply of oxygen – vital for survival
- It helps the removal of waste products and toxins from the skin and body
- It energises the mind and plays an important role in relaxation



Chakras

Name and Position on the Body



No.	Colour	Crystal	Balanced state	Imbalanced state
7	Violet or Clear			
6	Purple			
5	Blue			
4	Pink or Green			
3	Yellow			
2	Orange			
1	Red			

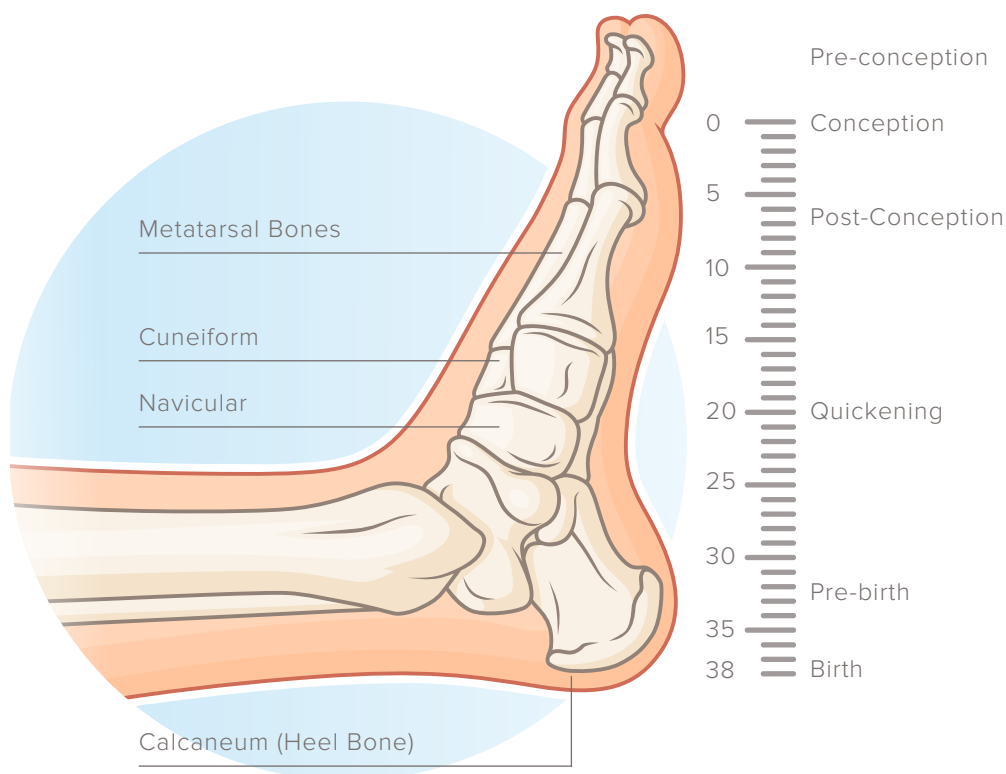
Rose Quartz Crystals

- Purifies & opens the heart chakra
- Promotes love & friendship
- Inner healing
- Peace
- Calming
- Dispels negative energy



Metamorphic Technique

- Metamorphic technique is a unique approach to transformation and growth
- Uses a light touch on the feet, hands and head
- It is during the 9 months of gestation that the potentials of the human life are established
- These patterns can show up in various ways – physical or mental illness, emotional problems, limiting attitudes or repeating patterns of response or behaviour
- By working over this area it will help to free any old, negative or unhelpful patterning which was established during our prenatal time



Mindful Massage

90 minutes

Preparation

- 1 pair of mitts
- 2 hot towels
- Cymbals
- Warm rose quartz crystals
- Warm eye pillow
- Warm neck pillow

Sensory Test

- Sensory test Restorative or Soothing Bath & Body Oil – for Mindful Massage
- Sensory check Positivity Bath & Body Oil – for Positivity Massage

Treatment Procedure

Client Face Up

- Place heated bean pack round shoulders and warm eye pillow to eyes
- Collect a few drops of Bath & Body Oil
- Cymbals through the chakras
- Guide client through breathing and visualisation – see procedure
- Cleanse right foot with hot towel and blot dry repeat to left
- Metamorphic technique to feet
- Uncover right side and apply oil from foot (cover upper body)
- Thumb circles from heel to big toe
- Deep rotaries on sole of foot
- Kneading to foot
- Rotate ankle clockwise and anti-clockwise
- Stretch gastrocnemius
- Drain up foot towards ankle with thumbs

- Circle ankle
- Zig zag inner and outer lower leg
- Circular kneading to calf from ankle to knee inner and outer
- Thumb drains to either side of the shin bone
- Cupped drainage ankle to popliteal
- Slide either side of knee
- Circular kneed knee with thumbs
- Circular kneading to outer then inner thigh
- Drain outer thigh knee to hip
- Wringing to thigh
- Slide to ankle and anti-gravity to full leg
- One handed effleurage to thigh while covering the leg and uncovering upper body
- Effleurage up torso and down arm
- Kneading to palm of hand
- Drain hand towards wrist
- Knead forearm front and back
- Linear centre of forearm with thumbs
- Support elbow knead to upper arm
- Effleurage arm hand to shoulder
- Side neck stretch
- Knuckling to right side of shoulder and neck
- Deep rotaries into the occipital ridge
- Side neck stretch
- Keep contact at occipital while covering torso
- Step to hand bear walk up arm down right side of body to foot

- Repeat to the left side
- Finish with contact to both feet
- Remove neck pillow from shoulders and eye pillow

Client face down

- Inhalation bowl (bringing the client's attention back to their breathing and relaxing of the mind)
- Uncover right side
- Apply oil from foot (cover back)
- Deep drainage down foot
- Circle ankle
- Circular kneading to inner then outer calf
- Thumb drainage from ankle to popliteal
- Double hand drain ankle to popliteal
- Circle popliteal
- Circular kneading to outer then inner thigh
- Wringing to thigh
- Slide to ankle and anti-gravity to full leg
- One handed effleurage to thigh while covering leg and uncovering upper body
- Linear up the back
- Effleurage up back and down arm
- Thumb circles up back
- Slide down arm and thumb drains to palm of hand
- Drain forearm with thumbs
- Kneading to upper arm
- Effleurage to arm hand to shoulder

- Stretch shoulder and occipital
- Knuckling to shoulder
- Stretch shoulder and occipital
- Keep contact at occipital while covering torso
- Step to hand bear walk up arm down right side of body to foot
- Repeat to the left side
- Finish with contact to both feet

Back

- Effleurage
- Circular kneading up back
- Circular thumb kneading up back
- Warm right shoulder
- Rotate shoulder
- Place arm in lower back and work around scapula
- Stretch down towards feet
- Repeat to left shoulder
- Deep forearm work to shoulders
- Forearm drain from occipital ridge down neck right side then left
- Knead neck
- Work pressures around occipital ridge with thumbs (clockwise rotation)
- Finger pressures into occipital (clockwise rotation)
- Reverse effleurage down back and cover
- Bear walk from hands up arms and down legs to feet

Client face up

- Push shoulders down together
- Stroking through third eye to hairline with warm rose quartz crystals
- Circle on third eye with rose quartz crystals
- Circle on temples with rose quartz crystals
- Deep rotaries
- Clawing
- Rotate at crown chakra
- Hot mitts to feet
- Cymbals through chakras

Breath Exercise

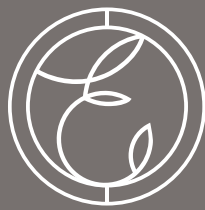
- Collect a few drops of the chosen Bath & Body Oil – Soothing, Restorative or Positivity
- Ask the client to take 3 deep breaths
- Adjust the client's breathing – place one hand on the chest (lightly) and place the other hand on the sacral chakra, ask the client to inhale into the abdomen so to raise the therapist's hand, repeat until this technique is done with ease.
- Repeat movement, asking client to take a deep breath in through the nose and hold for the count of 3 and release breath for the count of 3
- Repeat breathing for a count of 4 and 5
- Placing both hands on the heart chakra with the therapist standing or sitting at the head of the treatment couch perform visualisation for Mindful Massage or Positivity Massage

Visualisation for Mindful Massage

- Please enjoy some deep breaths. Let your body relax. Visualise your muscles and joints softening into the couch and your body becoming heavy as you breathe out any tension. Relax your face, eyes, forehead, jaw and throat
- Now imagine a colour, the first one that comes to mind (pause)
- Imagine that colour swirling in front of your eyes vibrant and strong (pause)
- With your next deep breath bring that colour into your upper body (pause) feel it at the back of your eyes, clearing your head and soothing your thoughts (pause)
- Feel it travel down your neck (pause) into your shoulders (pause) and down your arms into your fingertips (pause) relaxing and softening your muscles (pause)
- Imagine your colour filling your abdomen soothing, clearing and re-energising the cells
- Imagine your colour swirling through your ribs into your lower back and hips, releasing your joints and creating more space for energy to flow
- Feel your beautiful colour travelling over your hips into your legs, over your knees like a waterfall to the tips of your toes
- Enjoy your colour throughout your whole body. Its life giving energy recognises the beauty within (pause)
- When you are ready take a clear, fresh breath and with gratitude release your colour taking with it anything that no longer serves you.
- Move hands to crown chakra and rotate off clockwise

Visualisation for Positivity Massage

- We are now going to inhale through the nose, and exhale through the mouth
- Again. Inhale... exhale. As you exhale, relax
- Inhale calmly... and as you exhale, just let go of all the stress in your body
- Keep breathing, calmly and peacefully, and just relax
- Where are you tense? Think about these areas, and every time you inhale and exhale, imagine your body is becoming more and more relaxed
- Envision how relaxation feels... gentle... peaceful... warm. Open and happy. Nourish that beautiful feeling, let it grow
- Consider where you feel tense, and the relaxation will soften those tight muscles. Continue to let that feeling of serenity and positivity expand through your body
- Inhale relaxation... exhale tension
- Inhale positivity... exhale worry
- Next, visualize all the things in your life that inspire true happiness and positivity.
- Breathe into those things
- Slow long deep breaths in and then slow long exhalations out until there is no air left
- You are pure positivity. Pure potential. Pure love and pure kindness
- Hold onto to this positive feeling and take it with you throughout your treatment and rest of the day
- Move hands to crown chakra and rotate off clockwise



ESPA

COPYRIGHT STATEMENT

This Manual and the intellectual property contained therein in its entirety is the copyright of ESPA International UK Limited. It is the obligatory duty of all those entitled to have a copy or parts thereof, to ensure that the information contained herein is never passed in any form, be it written, photocopied, verbal or actual to anyone not authorised by ESPA International UK Limited or outside the ESPA sales teams. Anyone who is found to have violated this copyright, either knowingly or through negligence will be liable to legal action.