

Scalp Massage Routine

If the client would like product in their hair, a minimal amount of Pink Hair and Scalp Mud mixed with chosen 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 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