

ESPA

ESPA Sleep Ritual
Training Manual

Sleep Ritual

80 minutes

Preparation

- 2 pairs of mitts
- 16 medium Hot Stones
- 30mls of chosen oil warm in cabbie
- Inhalation bowl
- Cymbals

Sensory test

- Sensory test Restorative, Soothing or Restful Bath & Body Oil



Treatment procedure

Client face up

- Cymbals
- Breathing and visualisation (see procedure)
- Apply Pink Hair and Scalp Mud if appropriate
- Polarity balance to front of body

Client face down

Collect 8 hot stones (place 1 at each shoulder, 1 at each hip and 2 at each ankle)

- Hot mitts to the feet
- Inhalation bowl
- Polarity balance to back of body (see procedure)
- Pour warm oil to back and legs (start from sacral area)
- Circle on the sacral clockwise and collect 2 hot stones
- Full body effleurage with hot stones x3
- Leave stones in hands
- Cover left side of body and replace oil back into cabbie
- *Collect 2 hot stones at ankle
- Full body effleurage to right side with hot stones x3
- Circular kneading to right side with hot stones x3
- Circular knead the outer thigh with hot stone (cover back)
- Circular knead the inner thigh with hot stone
- Circular knead both sides together with hot stones
- Wringing to thigh with hot stones
- Wringing to lower leg with hot stones
- Knead inner and outer calf with hot stones
- Drain from ankle to popliteal with hot stone
- Drain down foot with hot stone (leave stone on foot)
- Linear up leg (uncover back)
- Linear up the back and down the arm x3
- Effleurage down leg and finish with a pressure to hand and foot and cover with towel
- *Repeat to left side
- Uncover both sides of back

Back

- Collect hot stones at shoulders and reverse effleurage to back
- Circular kneading around scapula with hot stones
- Figure of 8 to shoulders with hot stone
- *Figure of 8 opposite shoulder to glute with hot stone
- Figure of 8 shoulder to glute with forearm
- Repeat to other side *
- Reverse effleurage with hot stones down back and leave the hot stones on the lower back
- Knuckle and heel of hand kneading to shoulders
- Forearm drain around scapula
- Elbow and forearm pressures around scapula
- *Drain down right side of neck to shoulder with forearm
- Repeat to left side
- Freestyle to shoulders and any other areas of concern
- Circular kneading to neck
- Rotate into occipital ridge with finger tips
- Slide hot stones up the back cover with towel
- Bear walk from shoulders to feet
- Remove hot stones and turn guest face up

Client face up

Collect 8 hot stones (place 1 at each shoulder, 1 at each hip and 2 at each ankle)

- Oil pour to front of body (modesty towel if needed)
- Clockwise circles on abdomen and collect 2 hot stones at hips
- Continue to circle on abdomen with hot stones
- Full body effleurage with hot stones
- Place hot stones on sacral and solar plexus
- Cover left side
- *Collect 2 hot stones at ankle
- Full body effleurage to right side with hot stones x3
- Circular knead the outer thigh with hot stone (cover upper body)
- Circular knead the inner thigh with hot stone
- Circular knead both sides together with hot stones

- Wringing to thigh with hot stones
- Circle around knee with hot stones
- Knead inner and outer calf with hot stones
- Drain sole of foot with hot stone
- Leave stones at ankle
- Freestyle to foot
- Linear up leg (uncover upper body)
- Effleurage through torso and down arm x3
- Effleurage down leg stretch at ankle and cover with towel
- *Repeat to left side

Arms

- *Collect hot stone at right shoulder
- Uncover arm
- Effleurage arm with hot stone
- Knead upper arm with hot stone
- Drain forearm with hot stone
- Freestyle to hand
- Place hot stone in hand
- Linear up arm and cover
- Figure of 8 to décolleté and shoulders
- *Cover and repeat to left arm
- Stretch at occipital
- Place thumb on third eye and circle clockwise
- Alternate thumb stokes from third eye to hairline
- Scalp massage as per core procedure
- Remove stones from hands
- Remove stones from solar plexus and sacral with anti-clockwise circles
- Remove oil from feet with mitts
- Cymbals

ESPA Breathing Techniques

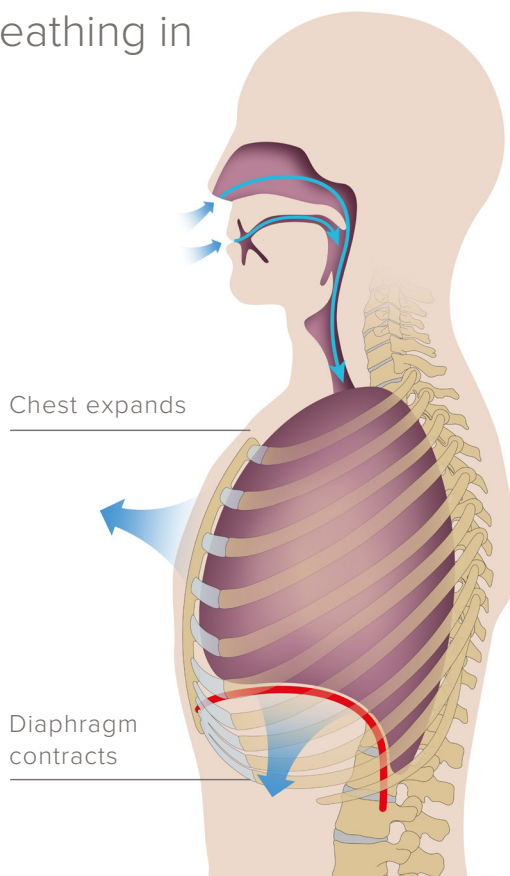
Breathing is important for a number of reasons. It is the only means to supply our bodies and its various organs and every cell with the supply of oxygen which is vital for our survival. The second function of breathing is that it is one means to get rid of waste products and toxins from the skin and body. Breathing properly also energizes the mind and plays an important role in relaxation.

One of the major secrets of vitality and rejuvenation is a purified blood stream through the lymphatic system (the bodies waste disposal system). The quickest and most effective way to purify the blood stream is by taking in extra supplies of oxygen from the air we breathe.

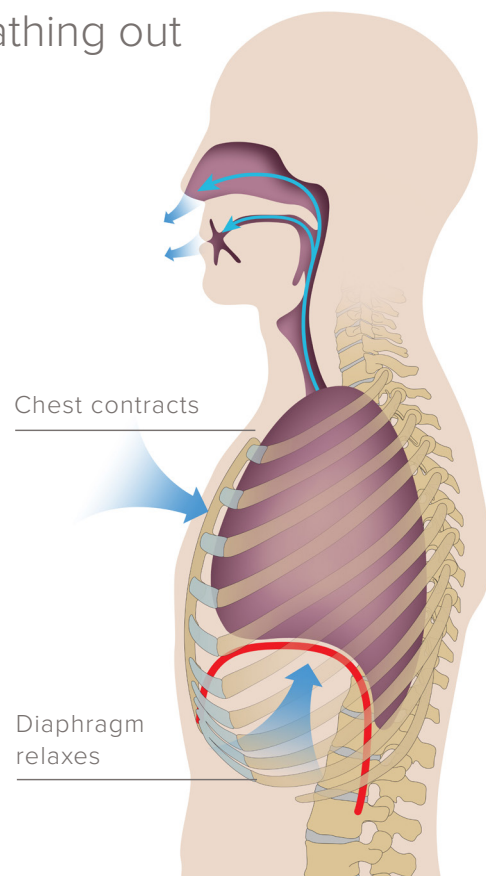
Oxygen burns up the waste products (toxins) in the body, as well as recharging the body's batteries (the solar plexus). In fact, most of our energy requirements come not from food but from the air we breathe.

By purifying the blood stream, every part of the body benefits, as well as the mind. You will not only feel calmer and more energized, but your complexion will become clearer and brighter and wrinkles will begin to diminish. In short, rejuvenation will start to occur.

Breathing in



Breathing out



Breathe Exercise

- Collect a few drops of the chosen body oil
- Ask the guest to take 3 deep breaths
- Adjust the guest's breathing - place one hand on the chest (lightly) and place the other hand on the sacral chakra. Ask the guest to inhale into the abdomen so to raise the therapist's hand, repeat until this technique is done with ease.
- Repeat movement asking guest 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 at the head of the treatment couch perform visualisation

Visualisation

- 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 colour 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)
- 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

Polarity Balance

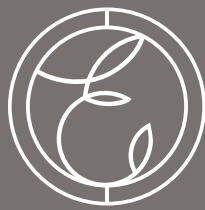
Approximately 10-15 minutes

- To ground and connect the therapist and client for the forthcoming treatment
- Allows physical and emotional stress to leave the body
- To allow free flow of Prana along the Shushumi Nadis to the crown chakra to balance the electromagnetic energies on the front, back, left and right sides of the brain which can be knocked out of balance by the use of mobiles, computers and travel
- An opportunity for the therapist to identify areas of imbalance within the body i.e. shoulders/knees/ankles, uneven breathing and back tension.

Client face up

- Standing at the head of the bed, slide from the elbows to the occipital, cover the ears gently with the thumbs and gently lift the clients head off the couch, a couple of inches, raise and lower head 2-3 times, chin to chest, gently stretching back of neck, ensuring only to go as far as the guest is comfortable – never over stretch
- Remove the thumbs, hold the clients head off the couch and circulate the breath. Cradle the head in the left hand, place the right hand over the third eye, hold and clear
- Slide the left hand onto the left shoulder and the right hand onto the right shoulder, realign alternate pushes to each shoulder.
- Walk to the right leg, cup the right knee with the right hand and rotate clockwise x5, pause then anticlockwise x5
- Staying on the right side of the body, repeat to the left knee
- Walk to the end of the couch, cup both patella with fingers and thumbs, circling towards the femur, emphasise towards the hips using gentle thumbs and gentle finger circles (towards therapist)
- Slide heels into both palms using finger and thumb circles to the Achilles taking the circles away from you (giving towards the client)
- Flex the feet to stretch the gastronemius muscle x3
- Walk to the left side of the couch, place the left hand to the sacral chakra, the right hand onto the third eye, applying subtle clockwise rotations until the energy has shifted
- Turn client face down
- Inhalation bowl
- Bear walk from the feet to the shoulders down the arms to the hands, back onto the glutes and down the legs to the feet
- Apply pressure to the feet and flick hands off





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.