

ESPA

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ESPA Strength & Resilience Massage  
Training Manual

# Resilience

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Noun; The capacity to recover quickly from difficulties

We take the example of the Painted Lady Butterfly who demonstrates remarkable resilience.

The species undertakes a phenomenal 9,000 mile round trip from the Atlas Mountains in Africa, to Britain and have been found as far as the Arctic Circle.

The tiny butterfly that weighs less than a gram and has a brain the size of a pin head undertakes an epic intercontinental migration from Morocco to Britain to find thistles for its caterpillars to eat, in order for the species to survive for future generations.

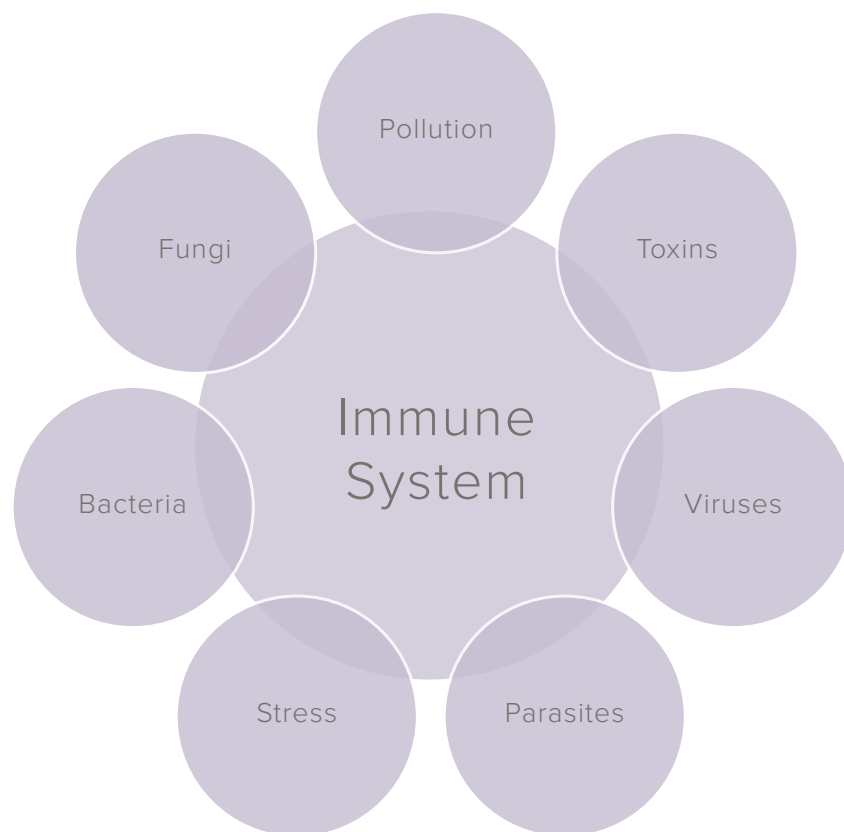
The vast majority of the Painted Lady butterflies seen in Britain are the result of migration. Each spring, individuals migrate from North Africa to head for the British summer then make the return journey back to Morocco for a warmer winter. Some make the whole journey across Europe to the UK stopping occasionally to feed, while others may be 2nd, 3rd or 4th generation individuals which breed and migrate north in stages.



# The Immune System – What is it?

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The immune system is the body's defence against infection. Through a series of steps called the immune response, the immune system attacks infections that invade body systems and cause disease.



Factors Influencing Immunity

# How to Boost Immunity

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## An Immune Boosting Diet

- The allium family of vegetables
- Brazil nuts
- Spices, turmeric and ginger
- Feed the brain good fats like oily fish and coconut oil
- Always try to leave 12 hours between your last food / calories (including alcohol or milky drink) and your first food the next day
- Don't waste calories on damaging, nutrient poor but high calorie foods
- Probiotic foods promote good gut function, which will benefit every system in your body including detoxification, absorption of nutrients and immune function.  
Good, natural foods nourish and heal, restore and renew

## Exercise

- When you exercise regularly, there are a number of things that benefit your body
- Your heart gets stronger and is able to pump more blood throughout your body when you exercise
- Your lungs get better equipped at handling oxygen and delivering it to the rest of your body
- Exercise can also boost your immune system by providing a boost to the cells in your body that are assigned to attack bacteria

## Relaxation

- Stress increases your body's production of cortisol and adrenaline, hormones that lower immune response
- Stress-induced anxiety also can inhibit natural killer-cell activity
- If practiced regularly, breathing, yoga and meditation can reduce these stress hormones and increase immune function

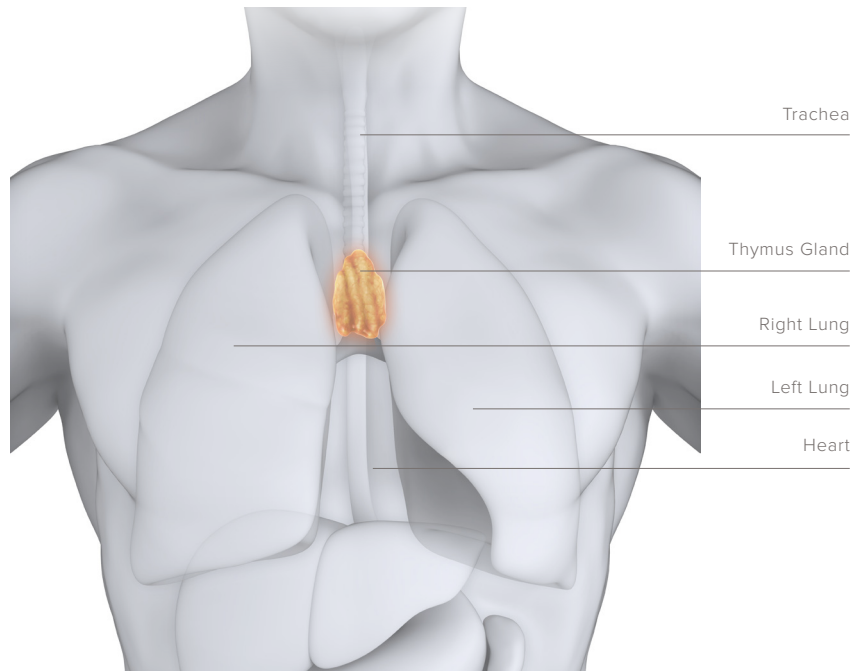


# Thymus Tapotement

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## Benefits

- Improves immune system – boosts production of white blood cells
- Reduces allergies
- Stress reduction
- Calms anxiety
- Energises mind and body



# Thymus Chakra

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The thymus also relates to the thymus chakra or higher heart chakra which is the bridge between reason and emotion, representing;

- Compassion
- Patience
- Spiritual Alignment

Stones that relate to this chakra are; Emerald, Aquamarine and Amazonite



# Nasal breathing

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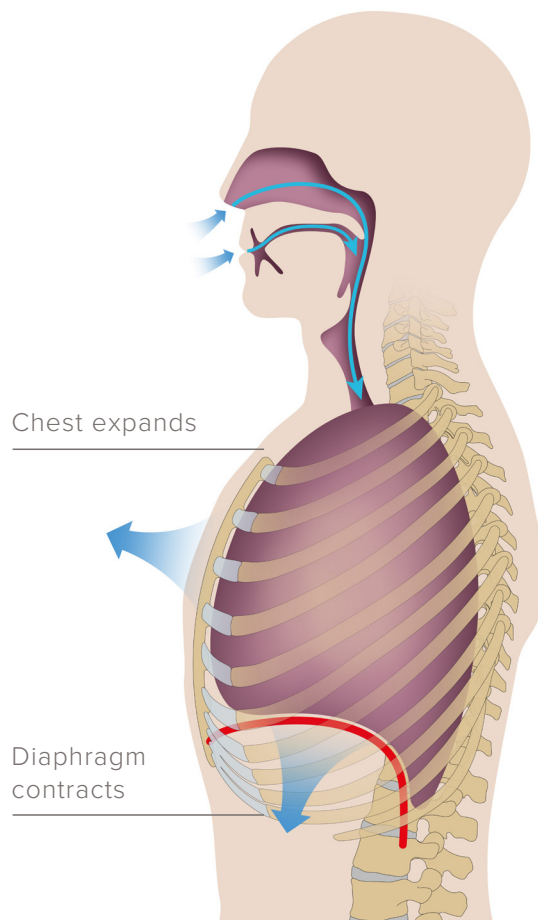
## Benefits

- The hairs, mucus and cilia in your nasal passages catch and dispose of irritants like dust and pollen, pollution and dangerous chemicals
- They also catch potentially infectious bacteria and viruses
- Nitric oxide produced in the nasal passages and sinuses can kill bacteria
- The bitter taste receptor in your olfactory system helps trigger your body's immune response

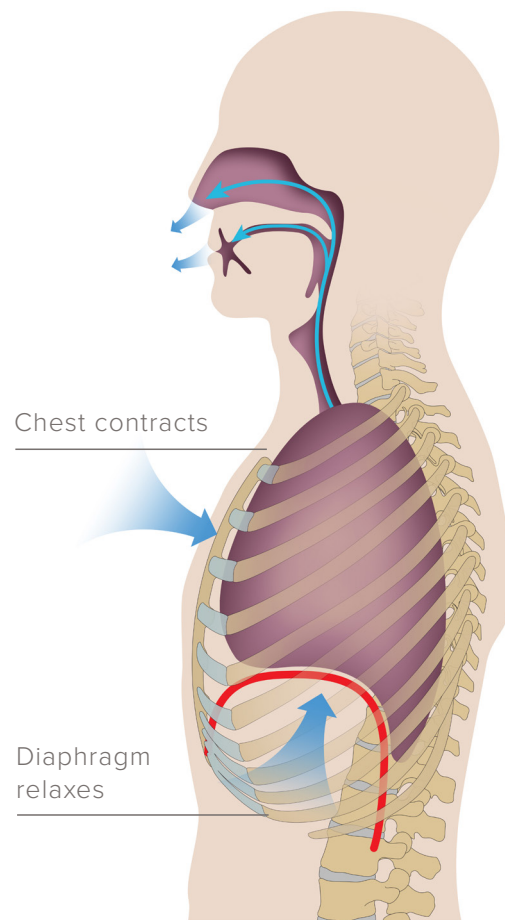
## Indirect Benefits Include:

- Improved metabolism
- Lower blood pressure
- Stress reduction via stimulated vagus nerve
- Better sleep, with less chance of fatigue-related health problems
- Blood sugar regulation
- The expansion and contraction of the diaphragm when you breathe correctly through your nose can stimulate your lymphatic system and act to massage your internal organs. The lymphatic system works closely with the immune system to help the body extract internal toxins

Breathing in



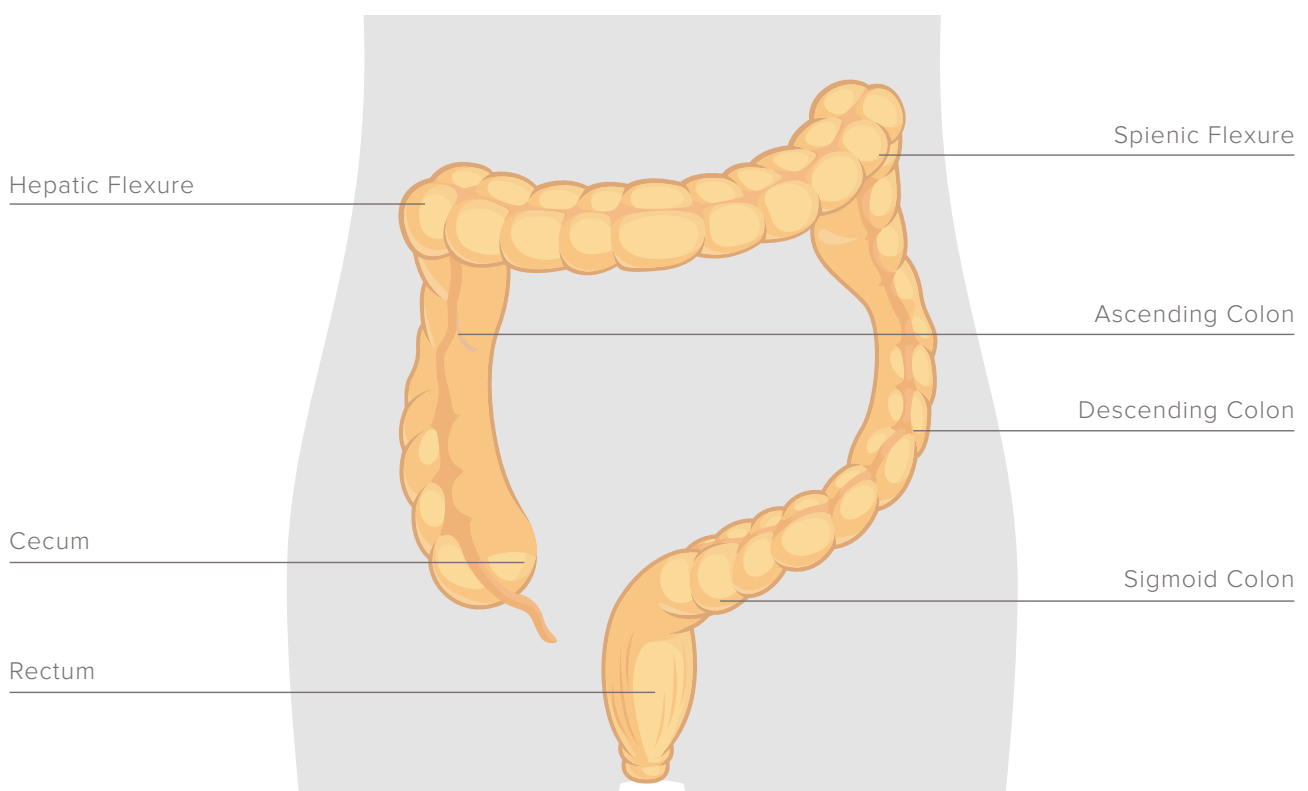
Breathing out



# Gut Health

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- Your gut wall houses 70 percent of the cells that make up your immune system. You might not attribute digestive problems with allergies, arthritis, auto-immune diseases, irritable bowel syndrome, acne, chronic fatigue and mood disorders, but many diseases seemingly unrelated are actually caused by gut problems
- Gut health literally affects your entire body
- Consider the important jobs your gut performs regularly, including breaking down food, absorbing nutrients, keeping out toxins and producing nutrients. That's a lot of work! For optimal immunity, detoxification and nourishment, your gut must function seamlessly





# Strength & Resilience Massage

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## Contraindications

- Pregnancy / breast feeding
- Any condition requiring life maintaining medication
- High or low blood pressure
- Heart conditions
- Cancer & chemotherapy
- Post-surgery (pending on area and severity)
- Epilepsy
- Multiple Sclerosis
- Diabetes (pending on severity)
- Acute or undiagnosed pain
- Sports injuries

## Consultation

- Tell me about your diet and lifestyle
- Tell me about your sleep pattern
- How are your stress levels?



# Strength & Resilience Massage

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*90 minutes*

## Preparation

- 2 pairs of mitts
- 2 hot towels (one dry, one damp)
- Warm eye pillow
- Warm neck pillow
- Muscle Rescue Balm pea size mixed with Fortifying Bath & Body Oil 10ml, placed in cabbage

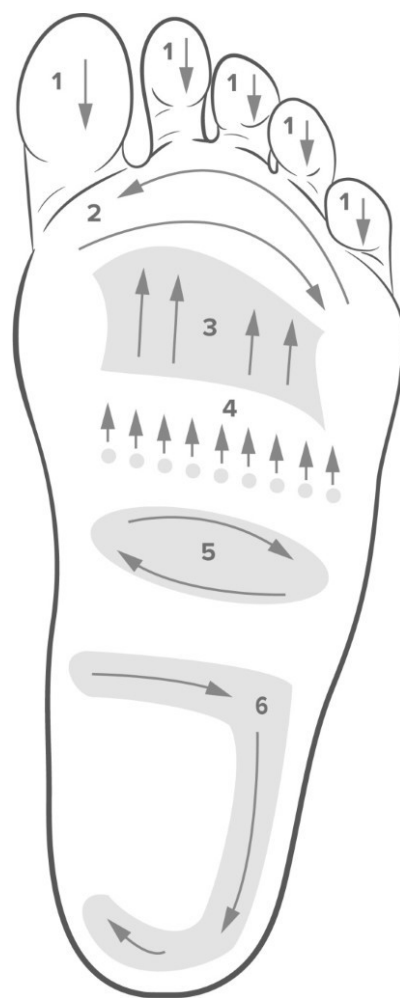
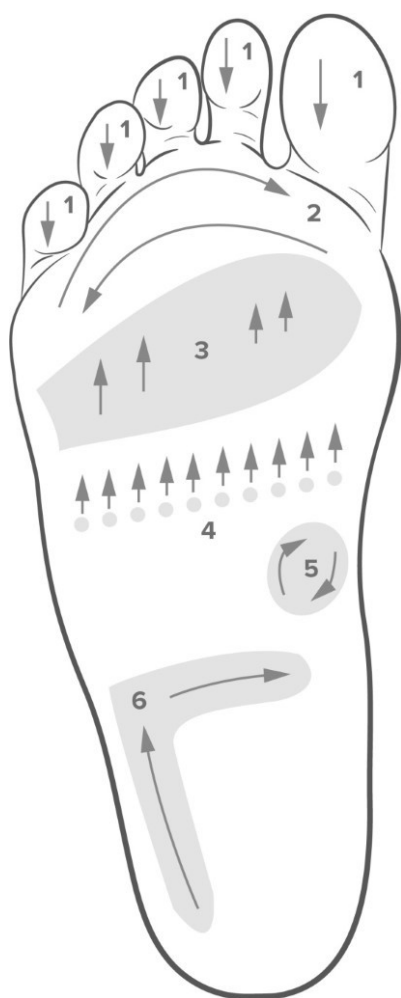
## Procedure

### Client face up

- Place warm neck pillow and warm towel under neck
- Inhalations – one hand at heart chakra, one hand at occipital gentle chin to chest stretch (only stretch as far as is comfortable for the client)
- Massage right hand side of occipital with finger tips and stretch shoulder to finish
- Repeat to left side
- Finger kneading to occipital and through back of scalp
- Wrap towel around neck and place warm eye pillow
- Therapist on client's right side
- Diagonal stretches – hip and opposite shoulder
- Compression to solar plexus, facing towards client
- Wave movement through the colon
- \*Support at hip and perform thumb compressions on IT band with thumb
- Repeat movement with knuckles
- Rotate leg outwards and perform thumb and knuckle compressions on inner calf
- Feet and ankle stretch
- \* Repeat to other side

### At the feet

- Hot mitts to feet
- Massage mixture
- Client inhales – Hands sweep up to knees
- Client exhales – Deep stretch at ankles
- Client inhales – Hands sweep up to knee
- Client exhales – Push on soles of feet
- Cover over right foot, and work first on left foot
- Kneading to left foot
- Drain the sinus using your thumb. Work down starting with the big toe, then repeat to all toes **NUMBER 1**
- Then work along the base of the toes from first toe to little toe, then back **NUMBER 2**
- Work the lungs: hold the toes back with one hand then using your thumb work up the ball of the foot **NUMBER 3**
- Expand the diaphragm using thumb pressures upwards, flexing the toes down with the opposite hand starting on the in step working outwards towards little toe **NUMBER 4**
- Soothe the stomach using clockwise circles x3 **NUMBER 5**
- Work the transverse and descending colon on the left foot and ascending and transverse colon on the right foot x3 **NUMBER 6**
- Kneading to left foot
- Deep thumb circles on the sole of the foot, starting on the heel and working up
- Repeat all movements to right foot
- Remove eye and neck pillows



### Client face down

- Inhalation bowl with Muscle Rescue Balm and Fortifying Bath & Body Oil
- Apply hot towel to the back from shoulders
- Hot towel compression
- Hacking over towel cover over and blot dry
- Back massage procedure
- Uncover let arms hang off side of bed
- Apply massage mixture from lower back upwards flicking off at elbows
- Vigorous frictions to full back
- Vigorous alternate frictions to full back
- Small vigorous frictions to back in sections (between shoulder blades, mid back and lower back)
- Therapist stands at left side of client
- \*\*Wringing to right side of back from lower to upper
- Vigorous circular kneading to right side of back from lower to upper
- Deep fingertip drains to the intercostal muscles
- \*\* Therapist comes around and repeat to left
- Staying on right side
- \*\*Rotate shoulder
- Outwards forearm stretch to arm
- Alternate hand sweeps around scapula
- Alternate thumbs around scapula
- Alternate kneading to trapezius to come around to the other side
- Scapula stretch with thumbs
- Come back at head of the bed, heel of hand kneading and knuckling to the top of trapezius



- Deep freestyle work to shoulder
- \*\*Repeat to other side
- Heel of hand drains across scapula to elbows
- Forearm drain from scapula out to elbow, right side then left
- Forearm drain around scapula simultaneously
- Deep heel of hand flicks lower to upper
- Stretch at occipital and deep fingertip rotation
- Cover
- Place one hand on sacral and with the other hand compress and rock down right leg then left leg
- Compression over diaphragm on feet
- Compression over lungs on feet

#### **Client face up**

- Pressures out over décolleté into alternate shoulder pushes (towards floor)
- Deep fingertip pressures and drain to décolleté right side and left
- Push shoulders to feet together
- Tapotement to décolleté, working on Thymus Chakra
- Muscle Rescue Balm to temples
- Pressure points to sinuses with middle fingers
- Raindrops around eyes

#### **Scalp Massage**

- Deep rotaries
- Clawing
- Frictions
- Crown deep hair tug
- Hot mitts to feet to finish



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