

Full Body Massage

Clean the feet with antiseptic wipes Start with back massage

1. Effleurage the back (clients right side of couch) x3
2. Reinforced Figure of eight effleurage of shoulders x3
3. Circular linking effleurage from far shoulder to far hip (linking)
4. Petrissage hip, knead, roll and knead change for other side
5. Thumb frictions of sacrum and top of Gluteus x3
6. Reinforced Pressure up either side of back (change sides) x3
7. Effleurage up back, pull back on the trapezius at shoulders x3
8. Rotate effleurage shoulders, thumbs pressure to Trapezius x3
9. Friction and petrissage first one shoulder then the other
10. Percussion to back far side first then change sides
11. Effleurage to link and finish

----- BACK LEG

1. Effleurage whole of right leg
2. Effleurage inside calf then outside calf
3. Fingertip frictions to back of knee
4. Effleurage inside thigh and outside thigh
5. Petrissage inside thigh, kneading, rolling, kneading,
6. Petrissage, percussion, kneading to finish outside thigh
7. Friction to Achilles
8. Effleurage to finish - Turn client over

----- FRONT LEG

1. Effleurage whole of right leg
2. Effleurage inside calf then outside calf
3. Fingertip frictions to back of knee
4. Effleurage inside thigh and outside thigh
5. Petrissage inside thigh, kneading, rolling, kneading,
6. Petrissage, percussion, kneading to finish outside thigh
7. Friction to Achilles
8. Effleurage to finish

Full Body Massage - 2

FEET

1. Effleurage Foot
2. Rotate ankle, first one way then the other
3. Chinese burn
4. With thumbs underneath using fingertips frictions to ankle bone
5. Knuckle ball x 3 then knuckle sole of foot x 3
6. Percussion to sole of foot
7. Effleurage to finish

Stomach

1. Circular effleurage to the stomach
2. Effleurage to colon A-B, B-C, C-D E-F
3. Effleurage to solar plexus, then vibrations
4. Petrissage - rolling to far side then near side
5. Circular effleurage to finish, move to left arm

Arms

1. Effleurage whole arm, inside forearm, outside forearm
2. Knuckle up inside elbow, frictions to outside elbow
3. Inside and outside upper arm effleurage
4. Figure of eight
5. Return arm to couch and proceed with hand massage
6. Effleurage whole arm to finish

Head, Face and Neck

1. Effleurage shoulders and neck
2. Effleurage forehead, temples, cheeks with thumbs & fingers
3. Effleurage shoulders, friction scalp both sides
4. Effleurage around shoulders to finish
5. Clean hands with bactericide hand wash

Back Massage

- 1 Centre Body
- 2 Effleurage x 3
- 3 Reinforced Figure of Eight effleurage of shoulders x 3
- 4 Circular linking effleurage from shoulder to hip x 1
- 5 Knead from hip to waist
- 6 Roll up the side to armpit & back, knead to finish.
- 7 Repeat 4 & 5 on the other side
- 8 Thumb frictions to sacrum and top of buttocks
- 9 Reinforced pressure up either sides of back x 3
10. Effleurage up and pull back on shoulders x 3
- 11 Circular effleurage shoulders one way then other x 3
- 12 Thumb frictions and kneading to right shoulder then repeat on left shoulder
- 13 Percussion to far right shoulder & side and start and change at shoulder, cupping, hacking, beating, pounding
- 14 Change sides and repeat on the left side
- 15 Link effleurage to lower back
- 16 Effleurage X 3 to finish and flick it away

Back of the leg Massage

1. Effleurage whole leg, pressure up to heart, lightly back
2. Effleurage inside calf x 3
With inside hand
3. Effleurage outside calf x 3
With outside hand
4. Friction back of knee with fingers
Push up gently to thigh
5. Effleurage inside thigh x 3
With inside hand
6. Effleurage outside thigh x 3
With outside hand
Last effleurage moves up outside thigh and inwards to inside thigh
7. Petrissage – knead inside thigh, top to bottom
Roll from thigh to knee and back to thigh
Petrissage – knead to finish
Keep a hand on and walk round to other side
8. Petrissage outside thigh - knead thigh top to knee
Percussion — cupping, hacking, beating, pounding
Petrissage to finish thigh
Keep a hand on and walk back to lower leg
9. Friction around Achilles tendon with thumbs
10. Effleurage to finish and pull off over the feet x 3



Front of the leg Massage

1. Effleurage x 3
Pressure up towards heart and lightly back
2. Effleurage inside calf x 3
With inside hand
3. Effleurage outside calf x 3
With outside hand
4. Friction around the patella
5. Effleurage inside thigh x 3
6. Effleurage outside thigh x 3
Linking effleurage to inside thigh
7. Petrissage - knead inside thigh, top to knee
Roll from thigh to knee and back
Petrissage - knead to finish (move to opposite side)
8. Petrissage - Knead outside thigh
Percussion: cupping, hacking, beating, pounding
Petrissage thigh to finish
10. Keep a hand on a walk around to the other side
11. Effleurage to finish and cuddle over the feet x 3
12. Continue to Foot Massage



Foot Massage

Clean the feet thoroughly with antiseptic wipes

Check for Athletes Foot, or other fungal infection, look between the toes for flaky dry or red patches.

Apply massage medium first to your hands then to the foot.

Effleurage x 3

Rotate foot x 3 first one way then the other.

Chinese burn x 3 both hands inside the foot and twist in opposite directions

Frictions to ankle bone with tips of fingers with thumbs behind the sole of foot.

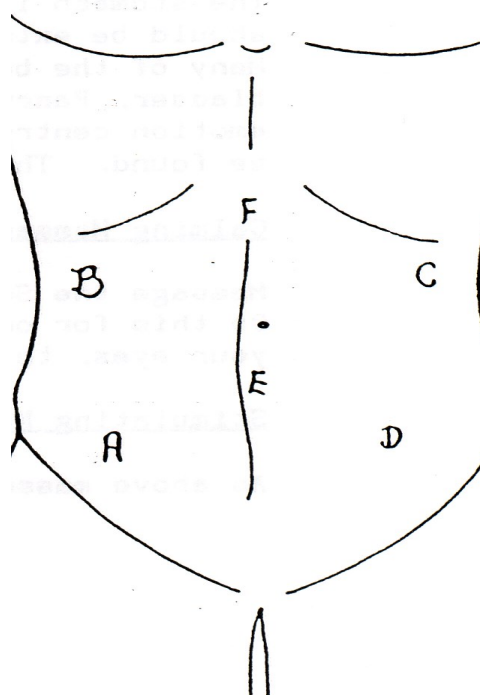
Knuckle ball of foot

Knuckle sole of feet

Percussion to soles of foot

Effleurage x 3 to finish

Stomach Massage



1. Apply the oil in a clockwise effleurage movement
2. Circular effleurage x 5
3. Effleurage from A to B x 5 (Ascending Colon)
4. Effleurage from B to C x 5 (Transverse Colon)
5. Effleurage from C to D x 5 (Descending Colon)
6. Effleurage from E to F x 5
7. Anticlockwise circular effleurage over (solar plexus) F
8. Vibrations over solar plexus
9. Roll up far side then near side
10. Circular effleurage to finish

Arm Massage

1. Effleurage x 3
2. Effleurage inside arm, wrist to elbow with inside hand x 3
3. Effleurage outside arm, wrist to elbow with outside hand x 3
4. Knuckle up crease of elbow with back of the right hand x 3
5. Friction the elbow joint with the tips of the fingers
6. Turn arm at right angle, effleurage inside upper arm then outside upper arm
7. Figure of eight passive movement
8. Return the arm to couch
9. Alternate thumb effleurage wrist
10. Sideways frictions
11. Limp wrist action (Julian Cleary)
12. Massage back of hand
13. Pull off and twist each finger & thumb
14. Massage palm of hand
15. Friction the Thenar muscle of the thumb.
16. Pull of each finger and thumb
17. Thumb effleurage the solar plexus point on the hand
18. Effleurage the whole arm x 3
19. Pull off firmly over hand and flick it away



Hand Massage



1. Lubricate hand with talc, oil or lotion of your choice
2. Massage the back of the wrist with alternate thumb frictions
3. Limp wrist movement. *Julian Cleary*
4. Link hands
5. Friction in between the bones with the thumb of right hand, working from the wrist to the knuckle.
6. Pull off and twist each finger and thumb, firmly, right to the tips
7. Turn the hand over, thumb friction the wrist
8. Link hands, petrissage the whole of the palm with the thumb, paying particular attention to the Thenar and Hypothenar muscle
9. Pull off and twist each finger and thumb firmly
10. Link your little fingers, through their thumb and little finger and with your thumbs, thumb effleurage the solar plexus point of the palm.
11. Clasp the whole hand firmly, between both of your hands and very firmly pull off from the wrist down over the fingers, right to the tips
12. Flick it away.

Head, Face and Neck Massage



1. Sit at the head of your client
2. Lubricate the hands lightly with lotion
3. Effleurage around the shoulders and then pulling up the neck to the occipital ridge x 3
4. Thumb effleurage the forehead, start behind the eyebrows working from the middle outwards

row after row towards the hair line x 3

5. Effleurage the temples with tips of fingers in gentle circles.



6. Effleurage the cheeks, see picture above.
7. Effleurage around the shoulders x 3
8. Turn the head to the left and using firm grip friction over the scalp with the tips of fingers and the thumb, from occipital groove at the back of the neck to the forehead, paying particular attention to the scalp line, whilst making sure to cover the whole of the head.
9. Turn the head to the right and repeat on the other side.
10. Effleurage around the shoulders and neck pulling through towards your body to finish x 3, then flick it away.
11. Wipe hands with antiseptic to finish