

## Practical Routine Notes

*Use the margins to make your own notes.*

The Brighton school of massage Natural Facelift Massage involves a sequence of techniques which act as a natural facelift. Facial tension causes puffiness, lines and wrinkles, and free radicals causes' premature aging.

The Natural Facelift Massage combines the massage techniques of the traditional system of massage in Japan, and Ayurveda, the ancient Indian healing method. The results will improve the complexion, remove toxins from the face, prevent and reduce facial wrinkles and age spots whilst balancing the life force energy.

### 1. Making Contact

- Wipe the feet, then wash your hands.
- Start at your client's feet.
- Alternatively stretch each leg as you grasp the ankle.
- Palm press alternatively all the way up to your clients head.

### 2. Cleanse

- Ensure client is correctly prepared for the treatment. Place a towel around the client's hair.
- Wash your hands
- Proceed to cleanse your clients face and neck, removing all traces of makeup.

### 3. Relax the shoulders

- Effleurage oil out across chest, around the shoulders into the neck. Hook fingers into occipital ridge, lean back for the count of 6. Repeat 3X.
- Effleurage the face – Brace.
  - Brace Effleurage on the face – How do we do it?*
  - Prayer movement on chin: Chin – closed scissors, open scissors, drag fingers under cheek bones, around nose, over third eye to hairline, back down to third eye, closed scissors, open scissors. Stretch out the forehead. Drag fingers down to the chin, closed scissors, open scissors. 1X*
- Alternate palm presses to the shoulders

- Alternate fist stroking to shoulders one at a time.
- Alternate thumb press the shoulders
- Alternate palm press the shoulders and down the arms and back up again.
- Effleurage across the chest, around the shoulders, finger hook into occiput and stretch.

#### 4. Lifting massage

##### **PART 1:**

- One side of the face at a time: Use the side of the hand – Alternate stroking/lifting hand over hand movement from throat, onto chin, onto one cheek, and forehead.
- Repeat on the other side of the face. Repeat x 2
- Massage the forehead from the middle to the end of the brow - fingers- using small, criss - cross movements. Move across the wrinkles – **NOT** with the wrinkle.
- Alternate thumb stroke from 3rd eye to hairline – include the corrugator muscle.
- Brace effleurage whole face from forehead down to jaw and up again – and down again.

##### **PART 2:**

**Use both thumb and one finger in a lifting action. Ensure you do not pinch the skin. Do one side of the face at a time.**

- From the middle of the chin towards the ear all along the mandible bone.
- From the corner of the mouth towards the ear.
- From either side of nose out across cheeks to edge of face
- Now work up the nasolabial fold.
- Across the crow's feet. **NOT** with the wrinkle.
- Pinch the start of the eyebrows to the end of each eyebrow
- Two finger – hand over hand - Stroke gently around both eye sockets x 6 times. Increase pressure each time you get the temple.
- Forefinger and middle finger – Deep C on Temporal muscles.
- Repeat on the other side of the face.
- Tap all over the face from the chin to the forehead.

**PART 3:**

**Continue with one side of the face and then repeat on the opposite side.**

**Create an L work with one finger per hand. Alternatively lift the tissue as you slot the L's into each other. Work slowly making sure you do not leave out any area.**

- Start from the chin and jaw line up and across the cheek to the ear.
- Corner of the mouth out toward the ear.
- Under the eyes to the temple.
- The forehead including the eyebrow to the temple
- Effleurage the face.

**5. Relaxation both hands together, each side of the face.**

- Stroke very slowly and very lightly from the centre of the chin out to the edge of the face
- Stroke from the corner of the mouth out to the front of the ears.
- Stroke under the cheek bones
- Stroke under the eyes
- Stroke over the forehead to the temples
- Repeat each area 3 X

**6. Face Mapping Pressure points – both hands together.**

- Locate the pressure point and apply fingertip pressure.
- Push each pressure point once with a light static rotation for the count of 3.
- Repeat 3X

**Location of pressure points:**

- Centre of chin
- Corner of mouth
- TMJ
- Edge of Mandible
- Corner of nose
- Zygomatic 1
- Zygomatic 2
- Zygomatic 3

- Under the eyes in 3 areas
- Temporal area
- Eyebrows 1
- Eyebrows 2
- Temporal area
- Middle of forehead 3 areas
- Hairline 3 areas

**7. Scalp – Both hands together.**

- Thumb press centre of scalp.
- Thumb press line 2 – in line with the pupil.
- Thumb press line 3 – in line with the end of the eyebrow.
- Static finger claw shampoo the scalp massage – fingers facing forward 10X
- Full palm press the scalp

**8. Higher chakra balance**

- Place both hands lightly over the crown chakra top of the client's head) and envisage white.
- Then the brow chakra (envisage indigo)
- Then the throat chakra (envisage blue)
- Then the heart chakra (envisage green)

**9. Grounding**

- Alternate palm walk down towards the feet, keep one hand in contact at all times.
- Gently pull both legs at the same time – grasp under the ankles
- Stretch out both feet for a few moments.