

## Full Body Massage

Clean the feet with antiseptic wipes      Start with back massage

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

---

### BACK LEG

- ◆ Effleurage whole of right leg
- ◆ Effleurage inside calf then outside calf
- ◆ Fingertip frictions to back of knee
- ◆ Effleurage inside thigh and outside thigh
- ◆ Petrissage inside thigh, kneading, rolling, kneading,
- ◆ Petrissage, percussion, kneading to finish outside thigh
- ◆ Friction to Achilles
- ◆ Effleurage to finish - Turn client over

---

### FRONT LEG

- ◆ Effleurage whole of right leg
- ◆ Effleurage inside calf then outside calf
- ◆ Fingertip frictions to back of knee
- ◆ Effleurage inside thigh and outside thigh
- ◆ Petrissage inside thigh, kneading, rolling, kneading,
- ◆ Petrissage, percussion, kneading to finish outside thigh
- ◆ Friction to Achilles
- ◆ Effleurage to finish
- ◆

## Full Body Massage - 2

### **FEET**

- ◆ Effleurage Foot
  - ◆ Rotate ankle, first one way then the other
  - ◆ Chinese burn
  - ◆ With thumbs underneath using fingertips frictions to ankle bone
  - ◆ Knuckle ball x 3 then knuckle sole of foot x 3
  - ◆ Percussion to sole of foot
  - ◆ Effleurage to finish
- 

### **Stomach**

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

### **Arms**

- ◆ Effleurage whole arm, inside forearm, outside forearm
  - ◆ Knuckle up inside elbow, frictions to outside elbow
  - ◆ Inside and outside upper arm effleurage
  - ◆ Figure of eight
  - ◆ Return arm to couch and proceed with hand massage
  - ◆ Effleurage whole arm to finish
- 

### **Head, Face and Neck**

- ◆ Effleurage shoulders and neck
- ◆ Effleurage forehead, temples, cheeks with thumbs & fingers
- ◆ Effleurage shoulders, friction scalp both sides
- ◆ Effleurage around shoulders to finish

Clean hands with bactericide hand wash