

FACE AND NECK ROUTINE

1. Apply oil to the neck and face. You will not need a lot of oil on the face. Effleurage across the shoulders and up through the neck and underside/side of head.



2. Turn the head to the side gently. Check with client. Effleurage across top of sternum, around shoulder and up through neck, gradually increasing pressure. You can rest other hand on client's forehead.



3. Using one handed (petrissage), and then finger and thumb (frictions), work more locally into side of neck and up around the occiput. Repeat for opposite side of neck and then straighten neck.



4. Effleurage across shoulders and up through the neck, pulling through with hands. SEE NO. 1.

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1. Gentle thumb strokes - across forehead, up through the bridge of nose and across the top of eyebrows. You can repeat using circular movements over same area.

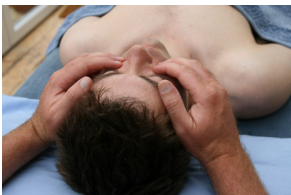


2. Gentle circular strokes to temple area. Clockwise direction

3. Check no contact lens or eye problems before rubbing thumb gently across eyelid.



4. Gentle finger (frictions) using small circular strokes. Sink into skin and gently rotate finger pads/tips across upper cheeks, working out to ear, then across upper lip and lower jaw. (Using effleurage / petrissage stroke. Working over jaw, get jaw to relax. Close jaw with massage to lower surface. Relax jaw again and bring massage back towards the ears).



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5. Massage to masseter muscle. Can work more firmly here with deeper (frictions).

6. Massage ears with finger and thumb squeezes and behind ears with finger pads.



7. Draw back into the scalp and shampooing to whole area.



8. Effleurage across sternum under shoulders, pull through the neck and the scalp. (As you did at the start of sequence).

You may wish to rest hands gently across side of forehead and face and hold to finish.

