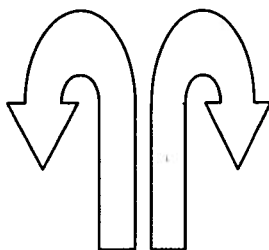


AROMATHERAPY MASSAGE

BACK MASSAGE

REMEMBER NEVER PRESS ON SPINAL BONES OR SHOULDER BLADES

1. Keeping back covered with towel, stand facing side of couch. Flat of hand stretches diagonally from centre of back to shoulder and hip and up/down the spine x 3
2. Apply pressure on sacrum (base of spine) and stretch downwards x 1
3. Apply pressure into gluteals (large muscle in bottom) stretch downwards x 1
4. Uncover back, tuck towel into top of undies, warm chosen oil in hands and apply to the back with effleurage – up either side of spine, across top of shoulders and back down the sides of the body. X 5



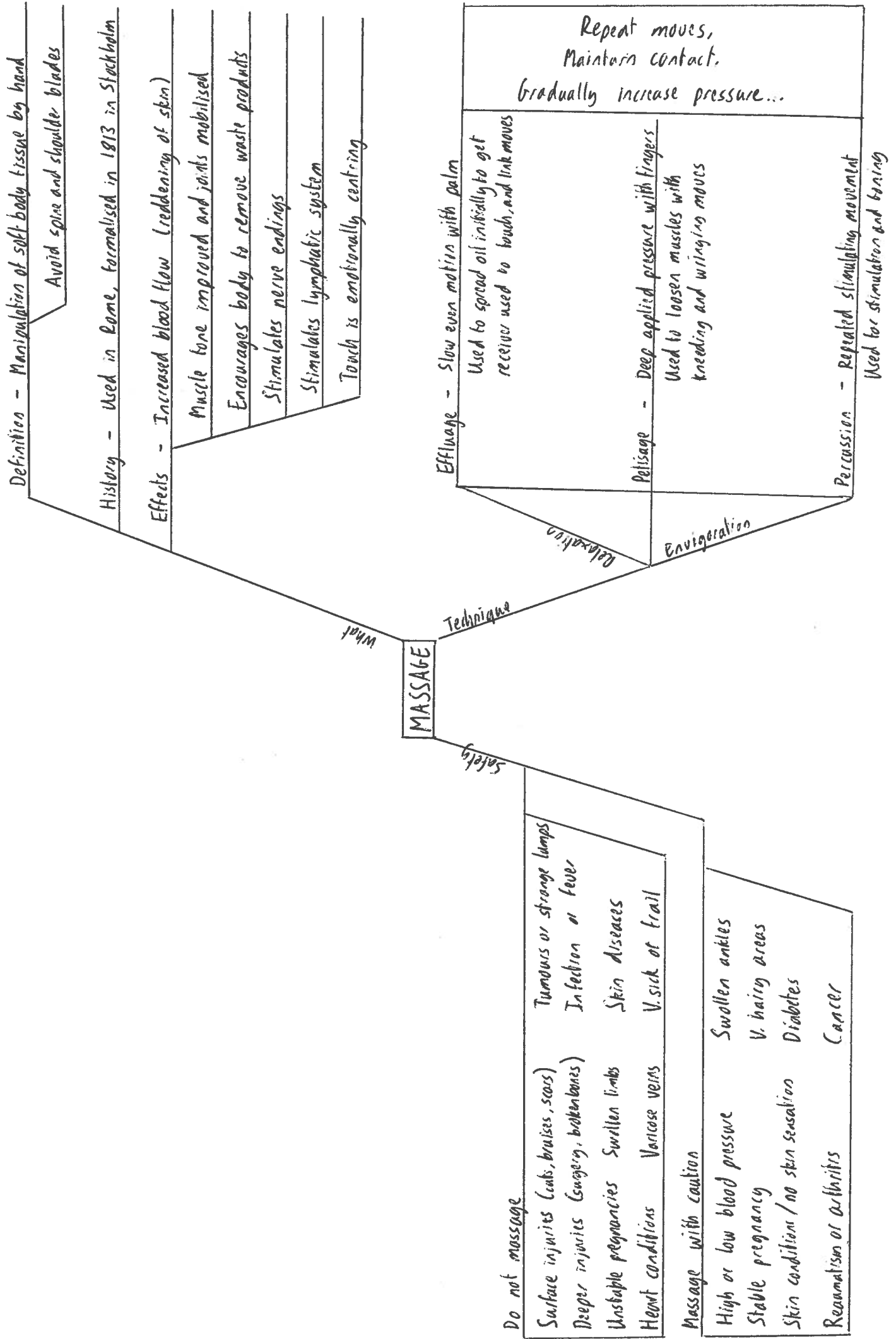
5. Repeat flat of hand stretches diagonally from centre of back to shoulder and hip and up/down the spine x 3
6. Firm stroking movements with fingers closed from base of spine to outside of hip, 5 times on each side
7. Repeat with fingers open like a fan
8. Circular movements (large Petrissage) with thumbs, around sacro iliac joint and sideways to both sides (over hips) x 3
9. Slide up with thumbs either side of spine from base of spine (coccyx) to waist and then out (T shape) x 3
10. Loosening/wringing of tissue around hips with alternate hands across both sides
11. Stand facing side of couch, use full palm of hand (at 90 degree angle to spine) sliding up left side of back from base of spine to shoulder first one hand then the other X 5. Repeat on Right side x 5.

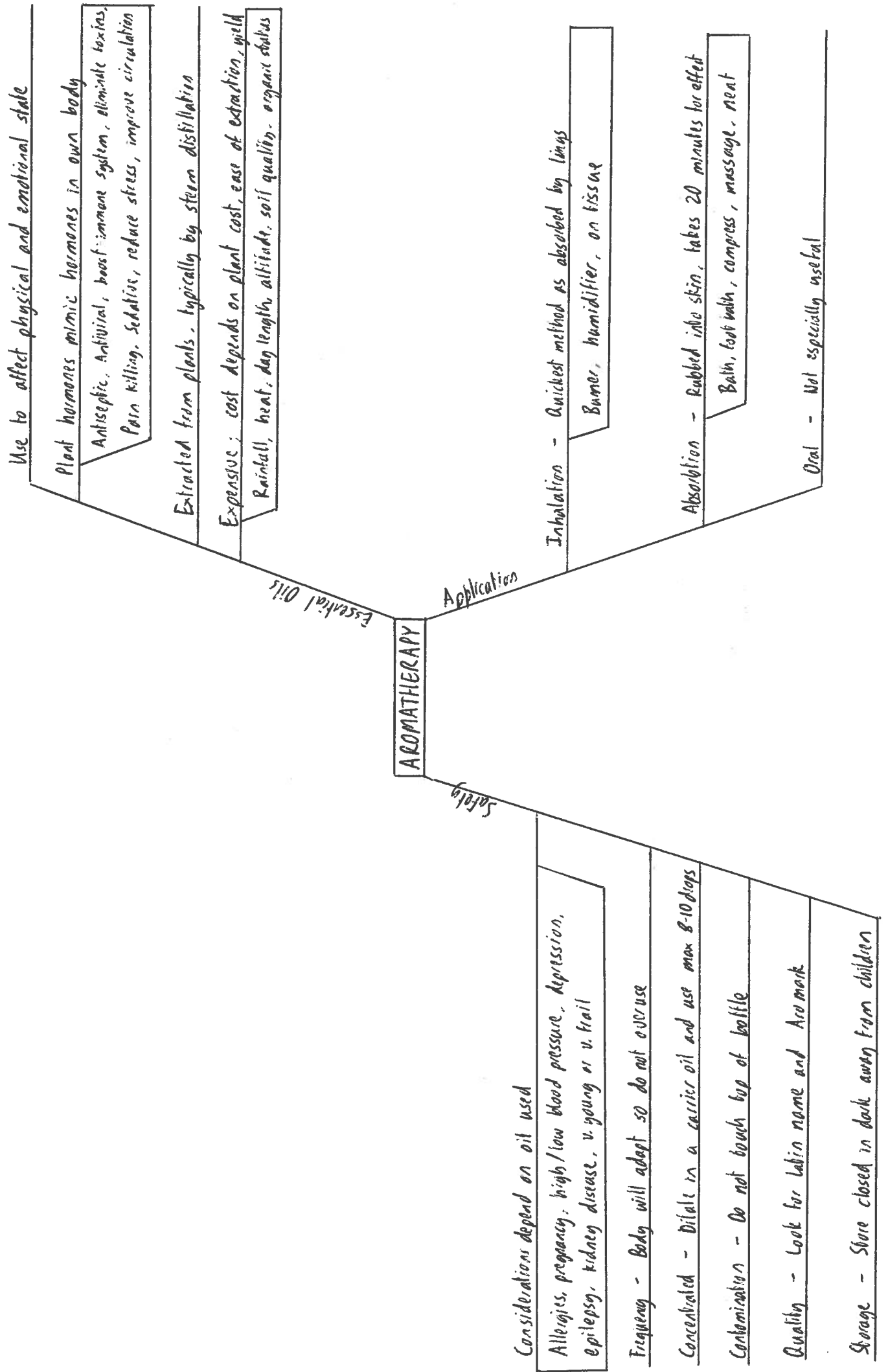
12. Large circles with thumbs, both sides of spine together, from base up to shoulders then out and round shoulders and back smoothly
13. Stand facing side of couch, pressure points using both thumbs together working from base of spine up one side and then the other x 2
14. Repeat Effleurage of whole back x 3
15. Figure of 8 movement with flat palm of hand around both shoulder blades (scapula) x 3 (Up between S/blade and spine, around top, down and round across to other shoulder)
16. Then around left shoulder blade only x 3
17. Using thumbs, small circles (Petrissage) around L shoulder blade, working on any knots in the muscles
18. Repeat circles around should blade using heel of hand to apply pressure
19. Kneading and stretching to whole shoulder area of left shoulder, loosening
20. Repeat nos; 16 to 19 on Right shoulder
21. Using forefinger and thumb massage up neck from shoulder line to occipital bone at base of skull x 5.
22. using flat of alternate hands with smooth stretching motion slide up trapezius muscle of left shoulder into neck x 10. Repeat on R side x 10
23. Keep hands on body walk around so that you face the recipient's head. Working with both hands equally slide from neck vertebrae down either side of spine to as far as you can reach without your body touching the recipients head, and back via the rib cage to the shoulders then out across the top of the arms and back to neck – x 3
24. Return to side of recipient, place hands together flat on shoulders, with fingers facing towards head and stretch out across either side of spine. Slide down back a little and repeat until you have worked all the way down the back, then work back up repeating this motion.
25. Stroke down spine using finger-tips, cover whole back. Finish off with lighter movements and press into base of spine and lift hands off. Cover back with towel again.

AROMATHERAPY MASSAGE

ARM & HAND MASSAGE

1. Uncover right arm and apply oil to arm and hand
2. effleurage up the outer side of the arm and down the inside of the arm returning to the wrist x 5
3. stroking stretching movements over back of hand
4. rotate and stretch each finger
5. Turn palm face up, large circles with thumb into palm of hand
6. Stretching, sliding movements to inner forearm x 3
7. Stretching sliding movements to upper arm x 3
8. Rest clients hand on stomach, effleurage up outer arm across shoulder and back
9. Return arm to straight and effleurage whole arm x 3
10. stroke lightly downwards with alternate hands and off
11. cover arm and repeat on other arm





For massage, essential oils are mixed with carrier oils

Produced from seeds, nuts and kernels - 'cooking oils'

Cold pressed to preserve fat soluble vitamins A, D, E, K, proteins, etc

Should have mild aroma and not smell rancid

Examples of carrier oils include

Light	Heavy	Macerated
Grapeseed - 'best' all round oil - cheap, non-greasy, keeps well Sweet Almond - thicker than grape-seed for dryer skin, eczema Safflower - good for inflammation, only keeps for 6-9 months Sunflower - grape-seed generally better, good for skin diseases	Tojoiba - similar to skin oils so balancing: used a lot on the face Avocado - very rich nourishing oil for dry skin and wrinkles Evening Primrose - dry skin, eczema, wound healing Rosehip - Excellent for face, scars, but very expensive Wheat germ - high vitamin E content so preservative, not for cellophane Apricot kernel and peach kernel - heavy, rich in A.D. expensive Fractionated coconut oil - Indian head massage	(blends of oils from berries, often in sunflower)
		Calendula - good for face Arnica - bruising, aches and pains St Johns Wort - muscular pains

Carrier Oils

MIXING OILS

Blending essential oils

Mixing

'Top note'	Floral / citrus	First smell
'Middle note'	Floral / herb	
'Base note'	Woody / Musc	Strong, with fixing power

All three = true blend

Essential oils	Size of droplets in oil
Carrier oils	
Mineral oils	
Not absorbed so do not use	
% dilution - each drop $\approx$ 0.05 ml	Strength of mixture
4 drops in 10 ml carrier = 2%	
Typically use 2%, max 8-10 drops per person	

