

Massage Mini-Course

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In the history of the various cultures we discover that people used many different types of massage methods. We can consider massage as being as old as mankind. Man has tried since the earliest of times to alleviate his aches and pains by both friction and kneading movements.

The Orient discovered points of energy control in the human body. This discovery led to the birth of Acupuncture, Polarity therapy, Do-in, Shiatsu, etc. The Occident, being mainly interested in anatomy, developed Chiropractic, Osteopathy, Physiotherapy and Swedish Massage.

Massage is more than a therapy; it is also a phenomenon of non-verbal communication. It demands that one be attentive to one's sensation. When massaging someone you are communicating your interior state by the movements you make as well as mental attitude. One must be love, harmony and peace. Thought projection must be maintained and controlled during the massage period.

The products

The oil serves to diminish the friction and to assure a better sliding movement. All vegetable and mineral oils can be used, however, coconut oil is preferable and easily assimilated by the skin. It is possible to perfume the oils with concentrated plant scents. Talcum powder serves the same function but the disadvantage of obstructing the pores.

Astringents such as alcohol, amamelis waters and rose water serve the purpose of cleaning the skin's pores and closing them. Linaments, balms and ointments are used in the treatment of pain, nervousness, muscular rheumatism and colds where the application of warmth is needed such as parafangotherapy.

Practicals rules

You should have short nails so as to avoid scratching and irritating the massaged person's skin.

Regulate the pressure in your movements; a bit of pressure is necessary.

Relax your hands; you'll avoid tiring your muscles and will communicate less tension to the person being massaged.

Mould your hands in such a fashion that they follow the folds and lines of your body.

Maintain a consistency in the speed and pressure of your movements.

However, don't be afraid to change the speed and pressure now and then.

Explore and define the internal structure of the organism.

Use your weight and not your muscles to put pressure where necessary.

Try to keep continual contact with the person you are massaging to ensure there is no break in the exchange.

Use your weight to make a movement.

Warm your hands by rubbing them together with oil as often as you feel is necessary. This will permit a greater sensitivity and energy.

Remember that you are massaging a person and not just muscles and bones.

Be attentive to your position (standing, sitting or kneeling) and try not to uselessly tire yourself in unstable positions.

Study the rhythm of the individual and try to adapt yourself to it.

Create a comfortable atmosphere; use incense, oils, plants, music, a comfortable temperature. Etc.

Talk as little as possible so as to keep the person attentive to his/her body.

Vary rhythm, pressure and movements to avoid the massaged person becoming bored or cause sleepiness or mental and physical heaviness.

Red marks on the skin indicate that blood is rushing in the epidermis (outer layer of skin). Add more oil and change techniques. If you have finished this area, Than move on to another.

Avoid touching bruises, acne, pimples and varicose veins. Otherwise pain will be felt and this might break relaxation, both physicaly and mentally.

For general massages

Remove excess oil on the skin with a towel.

Advise the person to take a shower before having his or her massage.

Hygiene is very important in body awareness.

The sequences

The best way to make different massage movements follow one another is to ensure that each movement flows into the next to keep a rhythm and contact with the person being massaged. It is also valuable to follow this rule when going from one area to another in the caressing stage.

Always ends the massaging of an area with a light soothing caress that barely touches the skin. This permits a smooth transition by massaging the next area in the same movement.

There are many things to consider to successfully carry out a session. Firstly, you must consider the relative emotional neutrality attached to areas. Secondly, you must consider the relative graduations of pressure put on areas. The direction of blood circulation is also important. The fourth consideration is that of the direction of energy flow. Finally, it is well to know the continuity of corporal rapports.

The Nine Basic Techniques

1. Caress (10 seconds motions)

- Press your hands all over the area massaged very lightly and quickly.
- This pleasant first contact diminishes the sensitivity of the skin and of the area to be massaged.

2. Stroking (10 seconds motions)

- Stroke with the tips of your fingers, making sure to avoid scratching or otherwise irritating the skin.
- This technique loosens dead cells on the skin and awakens blood circulation near the skin's surface.

-Stroking should be rapid to obtain the full effect desired.

3. Thumb Pressure (30 seconds motions)

-Apply a gliding pressure by rubbing the thumbs alternately on the massaged area.

- Increase pressure gradually to avoid pain and bruising.

-This produces a positive action on the reflex points in the massaged area and activates both energy and blood circulation.

4. Tapping (15 second interval)

- as if playing the piano, alternately move the fingers of your hands over the whole area being massaged.

-this action works on blood circulation and also stimulates the body's energy.

5. Chopping (30 seconds movements)

Chop softly (without causing pain) with the edges of your hands (as in karate). Alternate from one hand to an other.

The fingers are to be held slightly apart and come together upon impact with body. The separation of fingers lessens impact pressure and avoids painfully hard chops.

It is important for the rhythm to be regular and quick in order for this technique to be effective on the whole area being massaged.

It has a relaxing effect on the nerves and muscles which have received the above techniques previous to chopping.

In sports, the maneuvers of chopping and vibration stimulate and warm up the muscles before harder exertions in game or training.

6. Kneading (15 seconds)

Knead as if working with dough. Increase strength of actions, being careful not to pinch or bruise skin. The motions should be done to all tissues in the area, not just muscles. (Put a dime in your hands while massaging and try not to lose it during the movement is a good advice to master the technique)

This action produces an important relaxing action upon the muscle by its clearing of muscle tension.

7. Torsion (15 seconds)

Work the muscle as if you were wringing a cloth.

Direct your movements always towards the heart and come back to the starting point by caressing the skin.

Avoid pinching the skin (add oil if necessary).

Activates blood circulation in the muscles and awakens their motor tone.

Has a strengthening action on circulation and lymph.

8. Ringing (30 seconds per action)

Form a circle with your hands around the area being massaged.

Apply an inward pressure and direct the movement downwards (deep pressure).

Come back to the start with caress.

Repeat at least 3 times and a maximum of 15 times.

Helps empty muscles of toxins and directs it to the lymph glands rather than the heart.

9. Vibration (15 seconds)

Place one or both hands on the area being massaged and vibrate the hand(s) while going over the whole surface area.

This is a very relaxing action at this point of the massage. It awakens muscles and stimulates them when preceded by chopping only.

The General Massage Sequence

Phase I- Laying on the back. Put a rolled towel or cushion under the Knees.

-Preliminary Cleansing of the Lymph gland.

-Join together the index, the second and the middle finger of one hand of the person to be massaged.

- Place them on the stomach right above the navel.

-The area of massage will be right after the index finger and is about the size of the thumb.

-With your thumbs, apply deep pressure towards the heart and synchronize it to the exhalation of the massaged person.

-Do it several time (3-4-5 times).

- Come back to the central point by sliding the thumbs lightly along the skin.

- Several levels of pressure can be applied for each breath exhale.

-Be careful not to hurt the person with too much pressure.

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Once emptied, the lymph node will be able to receive new lymph from the abdomen and the legs.

- Muscles are better relaxed after they are rid of the lymph.

-The cleaning of the gland makes massaging the abdomen, legs and buttocks more effective and beneficial.

Note: Cramps are the result of toxin in the muscle. Not being at their prime they cause cramping. Thus the cleansing of lymph ensures that the cramping will not occur during the massage.

Foot Massage

The toes (with the help of a towel) take the toes one by one, starting with the big toe.

-Move the toe up and down (1 minute)

- Stretch it until you hear a cracking sound from the joint.

- If it doesn't crack, just stretch it 3 times to ensure a stretching

-Without the towel, bend the joints of the toe, starting with the inside toe. Be careful not to harm the toe (10 seconds each toe).

Top of foot – Caress (10 seconds). Mould your hands to the foot's shape. Put a gliding pressure along the foot with your thumbs (15 seconds).

Take the foot between your hands and rub vigorously (15 seconds). This will release the remaining tensions and thus permit more relaxed muscles and better circulation.

The Leg

Calf – Caress (10 seconds) with a gliding pressure using the area between the second and third joints of your fists.

-Do this on each side of the leg and alternate the movements (15 seconds each side).

The knee – Using your index and second finger, make a "V" and apply a gliding pressure on the knee (back and forth for 10 seconds).

The Thigh- (sequence for each leg)

-Caress (10 seconds)

- Stroke (10 seconds)

-Thumbs pressure (30 seconds)

-Tapping (30 seconds)

- Chopping (30-60 seconds)

- Kneading (60 seconds)
- Torsion (60 seconds)
- Ringing (60 seconds, 3-15 times)
- Vibrations (15 seconds)
- Caress (15 seconds)

Abdomen – Caress (2 minutes_ in a clockwise circular motion).

-The abdominal massage works as a stimulant and cleanser of toxins of the colon.

-Caress with finger tips, applying slight pressure and following the colon
(2 minutes).

-Vibration (flat-handed) (15 seconds).

-Caress 15 seconds)

Thorax

-Caress (15 seconds)

Stroking (15 seconds)

Thumb pressure (30 seconds)

Tapping (15 seconds)

-Chopping (30 seconds)

Do this routine on each side once.

Avoid the upper chest in women.

Rib Cage

-Pressure moderate

-Work on one side at a time

- Movement is back and forth with the flat of the hands (palm).

Note: For ascending and descending trees, synchronize your breathing with the person being massaged.

Ascending Tree- (armpits to bottom of rib cage)

-Putting your hands around the navel, caress the entire stomach area

-The hands should move all the way to the shoulders when breathing out. The hands lose contact with the body at the end of the breath.

-As breath is taken in, hands begin at shoulders and move down sides, returning to the starting position (hands below navel) in one movement.

-Do this three times.

Descending Tree

-Standing above the head of the person being massaged, put your hands on the pectorals.

- Caress towards the pelvis while the massaged person exhale, move up the rib cage as inhaling.

-Do this three times .

-The effect is to increase the energy vibration's level of the body, by affecting all the muscles of the chest and lower body as the energy flow as well.

-End the exercises by caressing the entire chest area.

Arms

The fingers – exercise as the toes

The Hands

-With your two hands, take one of the massaged person's hands.

-Using pressure and caresses, rub the palm of the hand.

-Repeat for the other hand.

The Arm

Do a general massage from the wrist to the shoulder in one operation

-Apply the nine techniques from the base of the arm.

Ringing is apply differently

-Hold the wrist in one hand

-With the other hand, form a ring that you move from the wrist to the elbow (putting pressure)

-Let the hand pass one elbow and then bring it towards the shoulder. Let the forearm press against your hand wich should now be right under the bicep.

- Bring the forearm back to its original position and re-do this entire movement three times

Ringing of the bicep and tricep

-Alternate your hand movements.

-Form a ring with both hands, one hand on the bicep, the other on the tricep, and perform a back and forth movement (from elbow to shoulder) for 60 seconds.

-Then perform a vibration movement and end with a caress of the whole arm.

-Repeat the process on the other arm.

Shoulders

- Caress (10 seconds)
- Stroke (10 seconds)
- Kneading (30 seconds)
- Close hand (fist) with contact of second points.
- Place yourself at the person's head.
- Vibration movement on shoulders. One hand under each shoulder. Rapid movements for 10 seconds.

The Neck

- At the person's head you caress with one hand on either side of the neck.
- Knead the muscles sterno-cleïdo-mastoridian each side of the neck at the same time.
- Once this is done, caress the neck and finish with the entire body.

Phase II – The massaged person lies on the stomach

Feet

- Place a rolled towel or cushion under the ankles.
- The sole of the feet should be covered for 10 seconds reflexology. A gliding pressure of the thumbs should follow. (Do not do this if the person is ticklish).
- Knead the soles for 60 seconds with your thumbs. Your hands should cup the feet.

The Calves

- Apply all nine basic techniques

Supplemental

- After kneading, use a "false pinching" technique.

False Pinching Technique

- Hold your hands so as to mimic claws of a crab. Lightly pinch the muscle (or skin) with the tips of your fingers.

- Without hurting the person, move towards the exterior of the muscle mass, as if pulling hairs.

- Alternate from one hand to the other for 30 seconds. This technique tones up the nerves.

Back of Thighs

- Caress (10 seconds)

- Strokes (10 seconds)

- Thumbs pressure (30 seconds)

- Tapping (10 seconds)

- Chopping (30 seconds)

- Kneading (30 seconds)

- False pincers (20 seconds)

-Ringing (30 seconds)

-Vibration (15 seconds)

Buttocks

-Before massaging the buttocks, you must complete the leg massage.

Use first seven techniques methods of "Back of Thighs" massage. Do not use torsion or ringing. Finish with Vibration (15 seconds).

.The Spinal Column – 4 efficient techniques for back aches.

- A. The index and middle fingers form a "V". Apply soft gliding pressure from the bottom of the back to the head (5 minutes). The spinal column is between the two fingers.
- B. Hands flat on each side of the column. Use a gliding pressure one hand upwards and the other downwards for 2 minutes.
- C. Deep thumb pressure. Slide the thumbs each sides of the column during 10 minutes. Start at bottom finish at head . Repeat several times.
- D. With two fingers, light pressure and sliding motion between vertebrae "bumps". (2 minutes)

The Back

-Work the whole surface of back one side at a time.

-Caress (10 seconds)

-Scrapping or thumbs pressure (30 seconds)

-Rolling skin between fingers (1 minute)

- Light chopping (30 seconds)

-Take the muscular region between the shoulders and the neck and give a deep kneading (30 seconds)

The Neck

- Caress (10 seconds)
- Stroking (10 seconds)
- Kneading of the muscles of neck (30 seconds) situated on each side of the cervical column.

The Head

- Scratch scalp (10 seconds)
- End by caressing the whole body (feet to head)

Phase III- The massaged person laying on back

The Face

- Rub the front and back of the ear with the fingers.
- Take the upper part of the ear between the thumb and index; explore the whole area as one would touch a cloth.
- (Acts on all the reflex points corresponding to the different parts of the body).

Sweeping the Forehead

- Place your hands on the forehead
- Slide then slowly towards the temples
- Make delicate circles on the temples with the tips of the fingers and come back to the forehead
- Repeat several times (1-5 minutes)

The Lips

- Follow the contour of the lips with the thumbs feeling the jaw too (30 seconds)

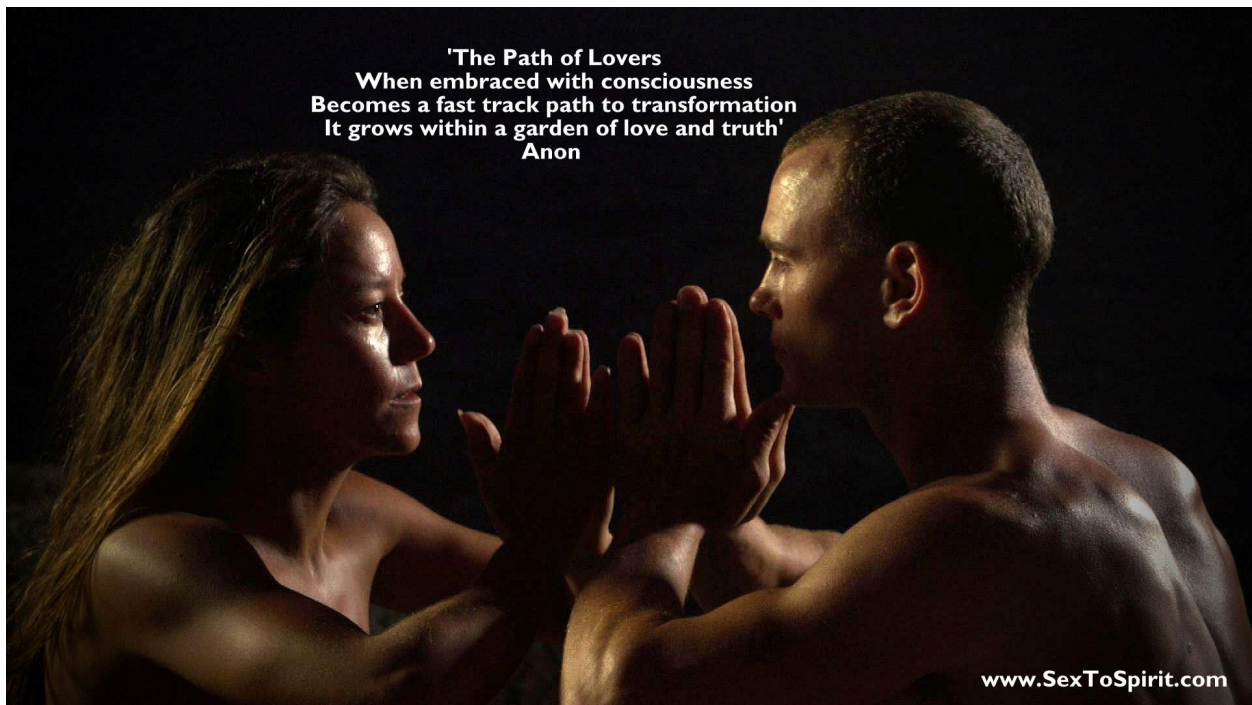
The Cheeks

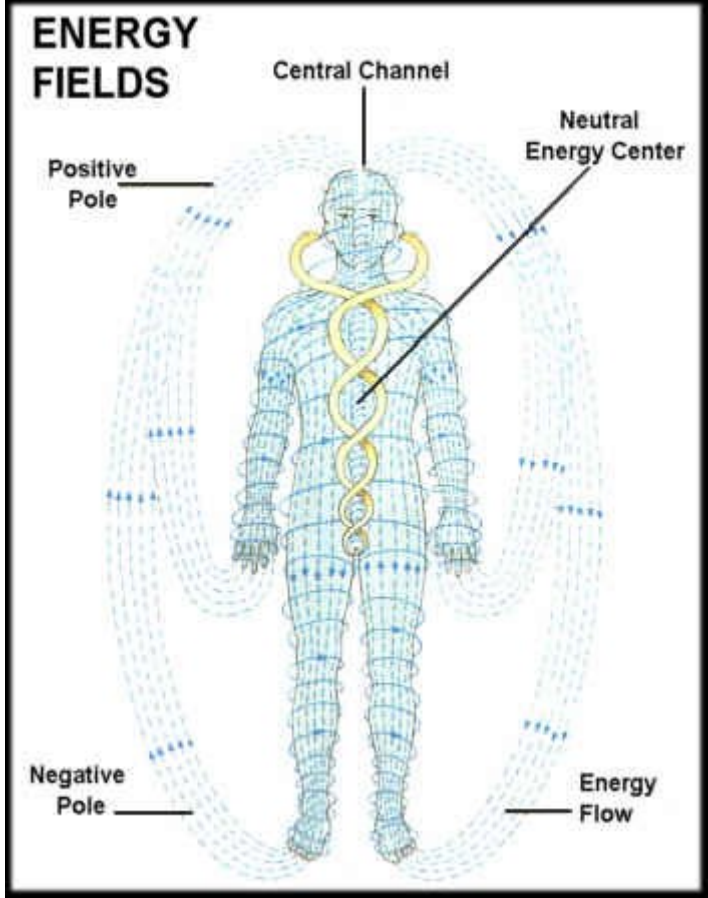
-Hands on each cheek; with finger tips do as if your fingers were jogging on the spot as well sliding on the cheek (30 seconds)

Forehead and navel finish session

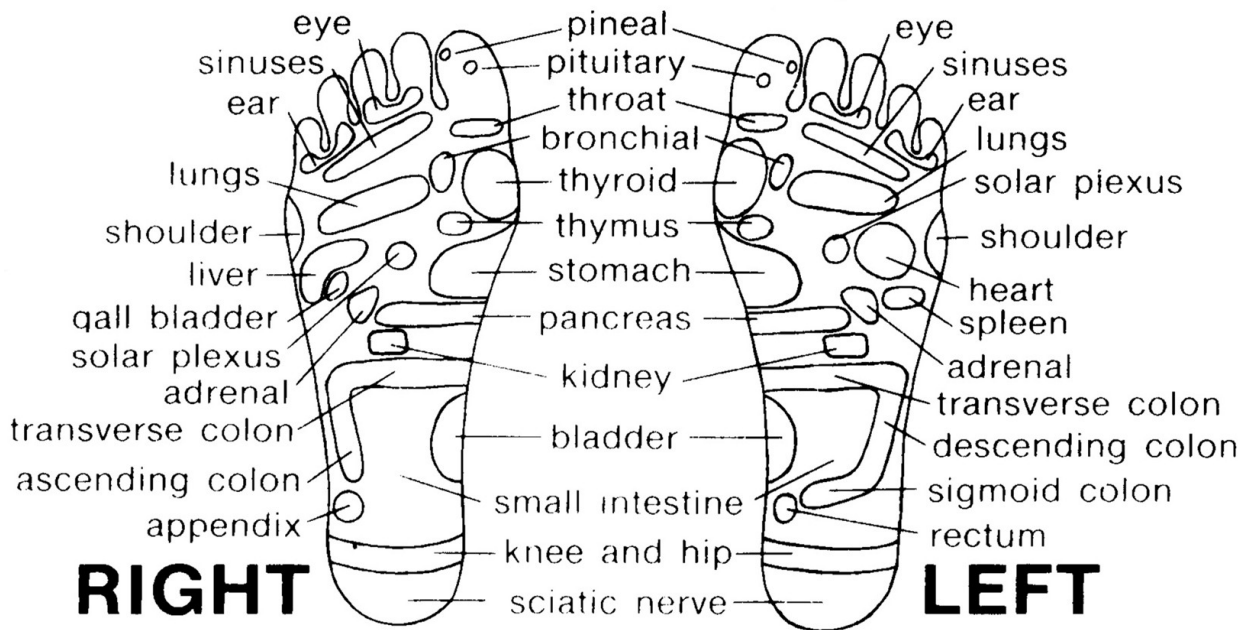
- 1.-Step at massaged person right side
- 2.-Make loose fist with your hands and place your right hand thumb in the massaged person navel.
- 3.-Place your left hand thumb at the point between the eyebrow
- 4.-Hold for 2 minutes and feel the life energy flow.
- 5.- Slowly remove your thumbs after sensing pulsation energy both thumbs.
- 6.-Wash your hands with cold water, after session finish, to remove static energy.

Have a great Massage experience!





FOOT MASSAGE CHART



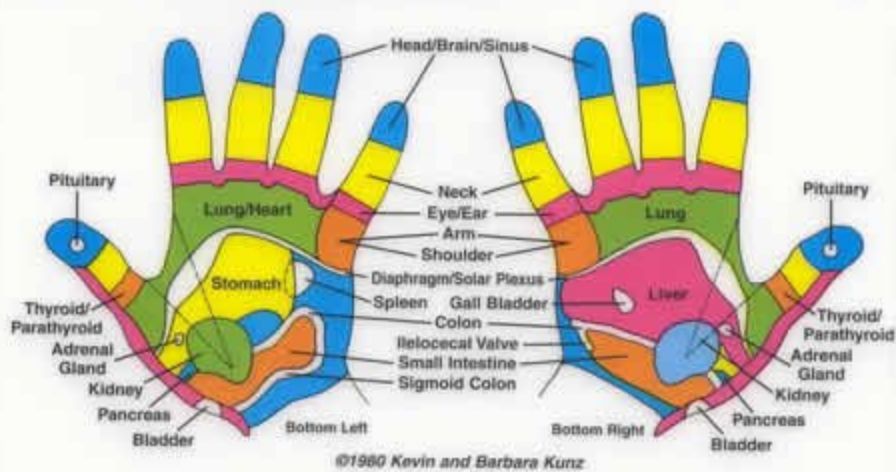
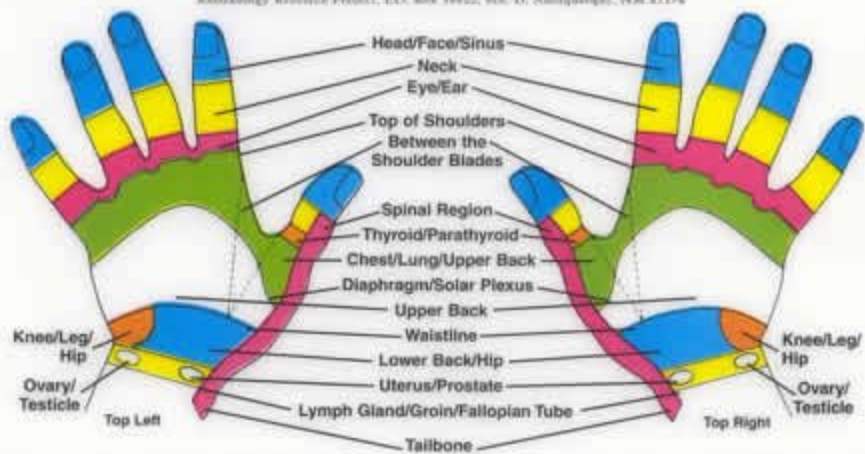
RIGHT

LEFT

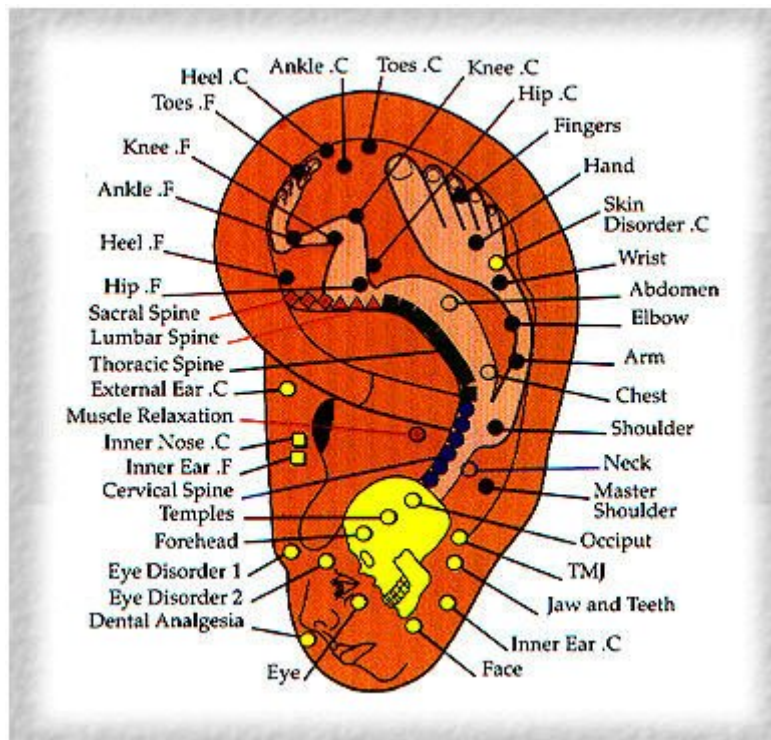
up achilles tendon for sexual and eliminative organs

HAND REFLEXOLOGY CHART

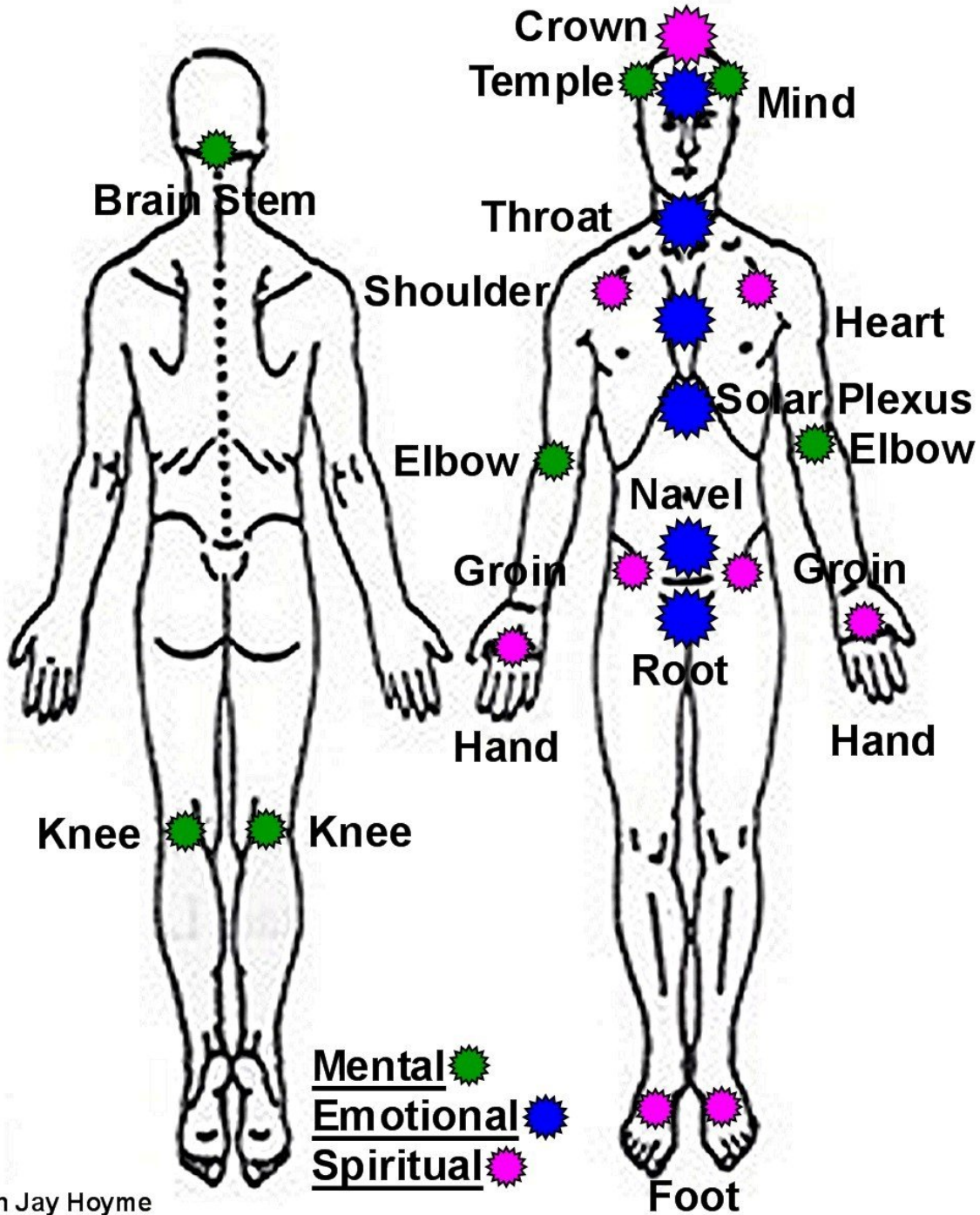
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