

Aromatherapy Massage Routine

1. Posterior legs: 10 minutes

Eff whole leg X 3
Caterpillar calf X 3
Light Petrissage X3
Wringing calf
Kneading calf
Back of Knee thumb rolls
Eff thigh X 3
Caterpillar thigh X 3
Light Petrissage X3
Wringing thigh
Kneading thigh
Eff whole leg X 3

2. Back: 15 minutes

Eff whole back X 3
Thumb petrissage erector spinae with circles up back X 3
Client right: Lumbar sweeps
Draw up full hand fingertips working on erector spinae nearside X 3
Double hand circles over opposite side X 3

Client left: Lumbar sweeps
Draw up full hand fingertips working on erector spinae nearside X 3
Circles over opposite side X 3
Petrissage upper trapezius X 3
Eff whole back X 3

3. Face & Neck: 10 minutes

3 x Pressure forehead
Massage temples
Chin sweeps X 3
Bottom lip sweeps X 3
Top lip sweeps X 3
Bridge of nose across cheek X 3
3 X pressure eyebrows
Ear perimeter pressure
Eff shoulders and under neck X 3
Turn head to right , thumb massage to neck
Eff shoulder to ear X 3
Turn head left thumb massage to neck
Eff shoulders to ear X 3

4. Arms: 6 minutes

Holding hand eff whole arm X 3
Caterpillar forearm X 3
Petrissage X3
Inside elbow thumb sweeps
Eff whole arm
Support arm with holding hand then
Eff upper arm and deltoids X 3
Caterpillar upper arm X3
Petrissage X3
Gentle pull on wrist
Back of hand massage
Palm massage with finger lock
Finger pulls with flick
Eff whole arm X 3

5. Abdomen: 4 minutes

Stand client right side
Clockwise effleurage circles both hands (LH in contact always)
Clockwise light petrissage circles.
Clear descending colon (draw down)
Clear transverse colon (draw across)
Clear ascending colon (draw up)
Slight pressure into diaphragm reach below and lift with finger pad pressure on
Intercostals X3
Solar plexus rotation X 3
Ground on stomach to finish

6. Anterior legs: 10 minutes

Circle ankle eff whole leg X 3
Eff thigh X 3
Petrissage X3
Wringing thigh
Kneading thigh
Gentle thumb rolls over knee
Eff sides of calf arc over knee X 3
Caterpillar up to knee X 3
Petrissage X3
Eff foot X 3 with thumb rolls
Thumb work sole of foot
Toe twists and tugs with flick
Eff whole leg X 3

***For the exam you have 45 minutes only for the massage treatment so need only
massage one arm and leg, start on Right leg posterior (5 mins) and finish on Right
leg anterior (5mins)***