

## ***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 thump 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)***