

# RELAXATION RESPONSE

## Facial Massage

20-30 Minutes

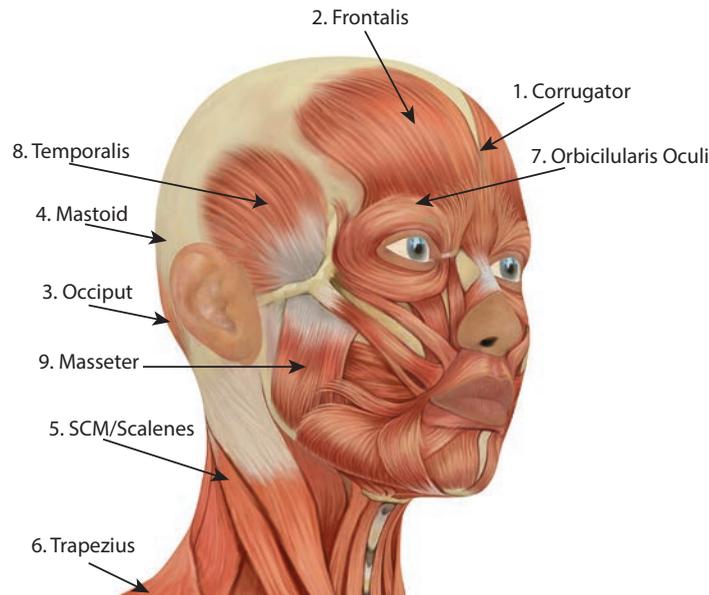


### SHOULDERS TO FRONTALIS RELAXATION

1. Start with hands on client's shoulders. Do compression holds on shoulders to relax client.
2. Massage down and outward from shoulders to upper arms. Long strokes and circle back around shoulder. Repeat slowly 3-6 times. Breathe and set your rhythm for massage.
3. Bring both hands under the neck, with palms upward and cradling the head, gently lengthen or hold client's neck. Hold until you feel client relax their head.

### FRONTALIS TO OCCIPUT RELAXATION

4. Glide hands up neck, over the face, and to forehead (frontalis). Soften and fan



the skin vertically and horizontally. Start with thumbs on corrugator muscle, remaining fingers cradling sides of head. Press down gently and slowly glide thumbs to side hairline. Continue this stroke as you move upward on the forehead to the top of the head. Any relaxing forehead massage works, including prayer strokes.

5. Continuing to work with fanning motion from Frontalis to Occiput (occipitu frontalis). Place thumbs on crown and walk fingers to crown to massage over the top of head.
6. Keeping thumbs on crown, glide remaining fingers to side of head by ear and glide hands to thumbs
7. Glide thumbs down back of neck
8. Turn head or keep head facing forward move to the Occiput. The sub occipital group lies just under the back of the skull in line with the ears. Reach under skull and press with fingertips in an upward direction hold 3-6 seconds, release 3-6 seconds. Repeat 3-6 times. Continue to work area with circular strokes with fingers.

### GUIDELINES

**Indications:** client currently in treatment or post treatment for cancer as a stand-alone service or incorporated in to any massage.

**Site:** Client's skin may be sensitive, fragile or irritated for standard facial massage; ask if scalp is sensitive to touch and adjust accordingly.

**Pressure:** Touch level 2 slowing increasing, gentle holds.

**Touch Guidelines:** Use slow, long strokes that are soothing and calming to client. Use holds for 3-6 seconds, Release and Hold 3-6 seconds for each. Work each areas 3-6 minutes. Maintain contact as all times. Watch body language.

Take Deep breaths.

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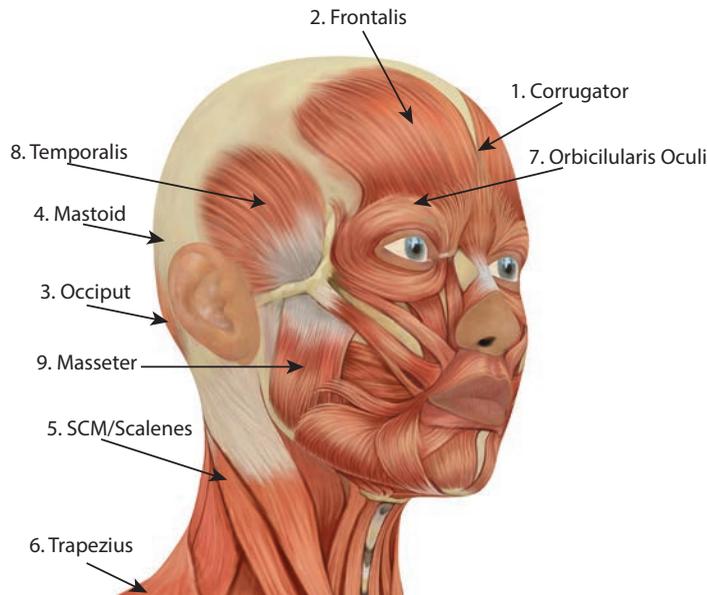
## Facial Massage (con't.)

20-30 Minutes



### OCCIPUT TO TRAPEZIUS

9. Massage along the thick bands of muscles to the sides of the occiput. You can use your thumb going downward if face up or if neck is turned use long strokes with the flats of your fingers.
10. Glide from behind the ear and the mastoid downward to the trapezius, using slow downward strokes. (easier when head is turned)
11. Use petrissage and kneading strokes on trapezius. Working your way from occiput to trapezius. If head is turned to the left, gently stretch client by holding the occiput with the left hand and gently pressing down on the trapezius with the right. Spend several minutes helping client relax.
12. Gliding hands back underneath head, cradle head, turn and repeat steps 9-11 on other side.
13. Glide hands back up the neck and face to the forehead.



### CORRUGATOR TO ORBICULARIS OCULI RELAXATION

14. Glide hands vertically across forehead from brow to hair line overlapping the strokes of your hands as you move from left to right all the way over to the temples and then back right to left. Repeat this several times. Use any variation or stroke on forehead that is relaxing.

15. Use pressure points from top of brow bone to outside of eye, underneath eye, to eye bridge of nose, up and around brow to temple. Repeat this gliding pressure point sequence 3-6 times.
16. Grasp the medial half of brow between thumb and index finger of same hand. Pinch and move along brow bone or stretch the skin away from the midline and knead the brows from center to tail. Tapotment, criss-cross strokes are okay around eyes.

### TEMPORALIS TO MASSETER RELAXATION

17. Move from eyes to temples. Find indentations and press firmly for 3-6 seconds. Circular motions are fine. Continue to glide hands slowly down side of face to jaw and down to neck. Move slowly along ears and jawline. Repeat 3-6 times.
18. Move down the neck to finish.

### CONTRAINDICATIONS

Head and neck clients with presence of swollen lymph nodes or edema. Use Mindful Touch Full Body Protocol.

Swelling or Edema on face is a contraindication for facial massage.

Redness, peeling, rash on face are contraindications for direct contact facial massage.

Radiation Dermatitis Grade 2 and above is a contraindication for facial massage.