

Building Blocks of Touch



Touch Level 5—Deep Tissue

massage to deep fascial layers
NOT appropriate for those with,
or with a history of cancer.

Touch Level 4—Firm Touch

massage to deep muscle layers, superficial fascia
For clients 6-months post-treatment.
NOT OK for those at risk, or with lymphedema.

Touch Level 3—Medium to Firm Touch

massage to the middle muscle layers
Appropriate for clients with minimal side effects.
Gradually increase to this level.

Touch Level 2—Light to Medium Touch

massage to the superficial muscle layer
One of the foundation layers of touch, used with most clients.
This is the level of touch used for those at risk for, or with lymphedema.

Touch Level 1—Energy Techniques and Light Touch

massage to the skin layer (skin stretch)
One of the foundation layers of touch, used with most clients.
Do NOT use this light touch for those at risk for, or with lymphedema.

Legend

Touch Level 2 is appropriate for MOST clients. (GREEN)

Touch Level 1 is NOT OK for those with lymphedema risk.

Follow up with clients 24–48 hrs later, asking open-ended questions prior to moving up a Touch Level.

Touch Level 5 is NOT OK for anyone with a history of cancer. (RED)



Level 1



Level 2



Level 3



Level 4



Level 5