

Seated Relaxation Response

Use *Seated Prop card* to be mindful of how you position your client to ensure he/she is comfortable.



Step 1: Begin Relaxation at Client Shoulders

- Explain to client what you will be doing, and to notify you of any discomfort or pain. Stand behind client, placing your hands lightly on their shoulders as you breathe deeply.
- Start at client shoulders with slight compressions, gentling pushing downward.
- You can also use your thumbs behind the shoulder and press down for 3-6 seconds, lift up 3-6 seconds and repeat 3-6 times.

Using smooth and gentle strokes, slowly work your way through client's scalp to the back of the head, down the neck, and back to client's shoulders. You may include two stress points on the head: temples and jawbone for increased relaxation.



Step 2. Scalp Relaxation

Bring your hands to the sides of the head, with fingers spread and pointing toward front of face.

- Perform circles with the pads of your fingers for 3-6 times.
- You can also incorporate pressure points here by using pads of fingers and thumbs
- Use Level 2 pressure; slowly move fingers up the scalp with a shampooing-like motion. Anchor hands with thumbs.



GUIDELINES

- **Indications:** client currently in treatment or post treatment for cancer as a stand-alone service or incorporated in to massage portion of service.
- **Site:** Ask client if scalp is sensitive to touch and adjust protocol accordingly
- **Pressure:** Touch level 2
- **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 cycle. Work each areas 3-6 minutes. Maintain contact at all times. Watch body language. Take Deep breaths.

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Step 3: Support Client's Head for Stability

- Place right hand at the base of the client's neck, and your left hand gently on their forehead to keep head from falling forward.
- Slowly allow client's head to tilt forward without strain or effort, keeping your right hand at the client's hairline.



Step 4: Back of Neck Relaxation

- Continue holding client's head with left hand, lower your right hand to the base of client's neck at the occiput.
- Do not put pressure directly on vertebrae.
- 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.
- You can add some circling upward strokes if there is a lot of tension present. Repeat 3-6 times.



Step 4: Sides of neck relaxation

- Continue to support forehead with left hand if necessary
- Or return client's head to neutral and then slightly bend forward, releasing your forehead support.
- Glide your thumbs OR pads of fingers along the thick bands of muscles that are to the side of the occiput.
- Do not put pressure directly on vertebrae.

CONTRAINDICATIONS

- Use *Mindful Touch Card* (gentle holds) for clients going through head and neck treatment.
- Swelling or Edema on face and neck is a contraindication for facial massage.

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Step 5: Deeper Shoulder Relaxation

Squeeze the trapezius muscle, which is behind the neck. You can use pressure points on trapezius muscle behind neck or compressions. Work your way outward to the shoulder and upper arm. Repeat this 3-6 times.



Step 6: Massage Temples for Relaxation

Massage temples using circular strokes or pressure point. Repeat 3-6 times. Up to 10 times when more tension is present.



Step 7: Massage Jawbone for Relaxation

Massage jawbone (masseter) using circular strokes or pressure points. Repeat 3-6 times. Up to 10 times when more tension is present.

Complete Facial/Facial Massage Option

If you are an esthetician or cosmetologist, you can do a full pressure point massage with client sitting up.

Refer to *Reclining Prop Card* to see how to further utilize pillows to help client recline comfortably. Roll a hand or large towel and place in the curvature of neck. This supports client's neck, enabling them to lean backward and face upward for a facial.