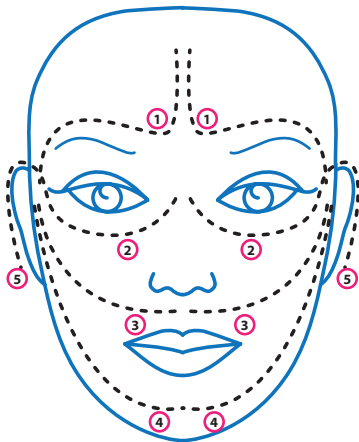


SHIATSU/TOUCH POINT FACIAL MASSAGE

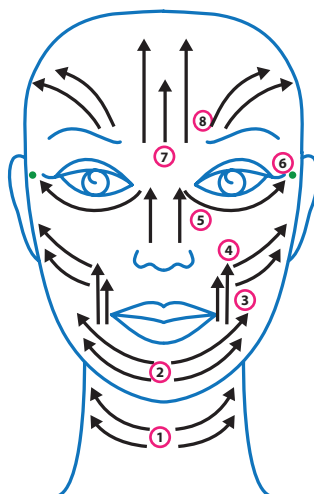
to be used with Hands, Warm/Cool Stones, Ice Globes

Time: 15–30 minutes

Basic Touch Point Pattern



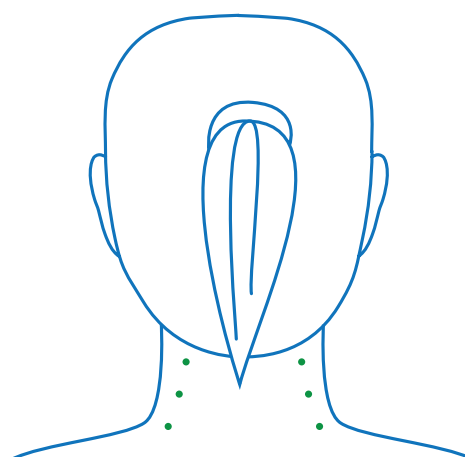
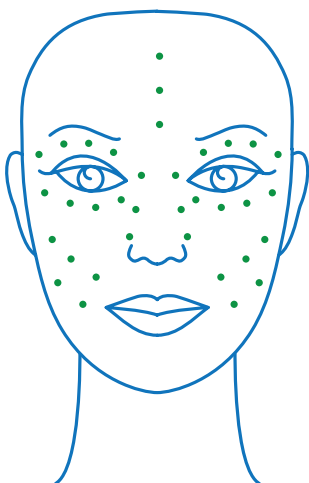
Neck to Forehead Pattern



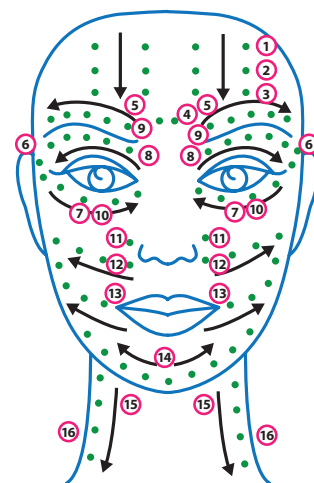
There are several different facial massage patterns contained within this Protocol card. It starts from the most basic touch point massage and moves to a more complete Shiatsu facial massage. This protocol is directional and does not provide a certificate in a Shiatsu or acupressure Facial.

1. The patterns are extremely flexible and can be incorporated in to any facial massage, as a standalone facial massage, eye treatment, or at the close of a facial.
2. Focus on areas that are within scope of your license: Face, Head, Neck, and Shoulders.
3. Can be used with oil, massage cream, facial mask, serum, moisturizer depending on length of massage.
4. Directional flow can be from Chin to Forehead OR Forehead to Neck.
5. Be creative by using warm or cool stones, jade roller, or ice globes (cryotherapy).
6. Adjust points accordingly. For example, if client has wounds in the mouth then avoid that area.
7. We encourage you to combine other massage techniques with the defined touch points.

Shiatsu #1



Shiatsu #2



SHIATSU/TOUCH POINT FACIAL MASSAGE

to be used with Hands, Warm/Cool Stones, Ice Globes

Time: 15–30 minutes



MASSAGE GUIDELINES

Use the pads of your fingers as an extension of your body in one continuous movement. If you use only your fingers or wrists you will get fatigued. Adjust level of pressure according to client—begin with level 2. If client is dehydrated their sinuses will be sensitive and may hurt.

- A. Touch touch point with pads of fingers – you will feel an indentation on client's face on which to apply pressure. Gradually you will be able to do this with your eyes closed.
- B. Lean in an apply pressure—3 seconds.
- C. Relax and release pressure—3 seconds.
- D. Glide to next touch point.

Repeat each touch point for 3–6 times and up to 10 times for areas needing a little extra attention.

CONTRAINDICATIONS

Rash, Dermatitis, Edema, Erythema.

If client's face and neck is swollen, it is not recommended to do this massage or even Level 1 lymphatic massage.

Client has lymphedema of head and neck.

Open wounds, sores, fissures—do not use stones, globes, jade roller—only use pads of fingers with gloves.