



CANDLE MASSAGE

*Immerse yourself into the deepest state of relaxation with **candle massage**.*

It is a body massage performed with an oil candle. Due to the low melting point, the wax becomes in a warm and moisturizing massage oil with also a very comfortable texture.

Light the candle before starting the treatment, in order to have enough massage oil and reach the adequate temperature.

STEP BY STEP

BACK:

1.
Deep breathings with both relaxed hands on the scapulas. Effleurage in descending direction to lumbar area, and repeat again but this time place your hands on the middle of the back.



2.
Pour the candle oil from the cervical towards the lumbar area, covering the spine and then perform an homogeneous distribution.



3.
Place both hands on the lumbar area and make deep and slow pressures. Perform swing movements.

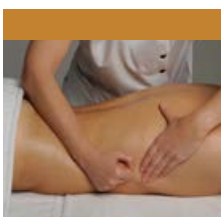


4.
From the lumbar zone, slide the thumb and index finger on both sides of the spine until you reach the cervical area.

5.
Placed in front of the bed, go down with both hands following the spine direction and go up through the sides, and finally go down again by the shoulders and arms.



6.
Back stretching with the forearms, one side and after the other. And follow with a crossed effleurage with both hands.



7.
Go down through the side with one hand and followed by the forearm, and then go up the same way.

8.
Relax the trapezius with both forearms.



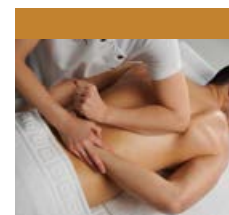
9.
Massage the cervical area with both thumbs in downwards direction until the trapezius, and go up again by the cervical area.



10.
One hand rests on the scapula and the other performs effleurage from the scapula downwards.



11.
Working with both forearms, keep on one side of the back, move downward and upwards with circular movements.



12.
Move the scapula slowly with the elbow.

13.
Repeat maneuvers on the other side (from 10 to 12).

14.
Work all the back area with 8 shaped movements using both forearms. Cover all back area by going up and down.

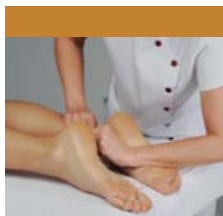


15.
End the back massage by performing an extension of it with the forearms.



LEGS

Gently pour the candle oil from the foot to the gluteus.



16.
Work the foot sole with the forearm.

17.
Slide the other forearm through the leg until the gluteus and stretch.

18.
Go down with an 8 shaped movement until reaching the heel.



19.
From the popliteal fossa, separate the forearms towards the sides of the leg performing back-and-forth movements. Repeat it several times. Work this movement by dividing the legs in two lines.

20.
From the popliteal fossa, one hand goes down until reaching the heel and the forearm goes up towards the gluteus.



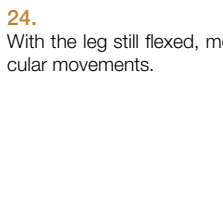
21.
Stretch legs with both forearms, in order to stretch the musculature. Work then, the gluteus, with both forearms in a deep way.



22.
Flex the leg and accompany the movement until the flexibility limit of the client. Make several repetitions, each time insisting a bit more.



23.
Keeping the leg flexed, rest the foot in your shoulder and rub the leg with the palm of your hands from upper part until the lower part, moving the musculature and activating blood circulation.



24.
With the leg still flexed, move the foot by making circular movements.



25.
With same leg position, flex the foot up and down.

26.
Rest the leg, and massage the foot sole with both hands.



27.
Press on the middle of the heel with your thumbs and slide the pressure. Repeat on the metatarsal phalangeal joints, which is the solar plexus reflex point.

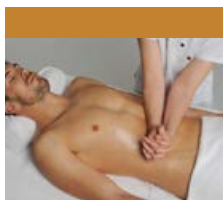


28.
Using the forearm, perform draining movements from the ankle to the gluteus.

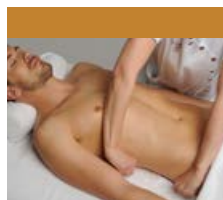
29.
Repeat same maneuvers on the other leg. Finally massage the anterior part of the leg.

ABDOMEN

Pour the oil over the central line.



30.
Place the forearms on the abdomen and join the hands. Make clockwise circular movements with the forearms.



31.
Separate the hands and make stretching movements using the forearms.

32.
Model the body contour using the forearms.

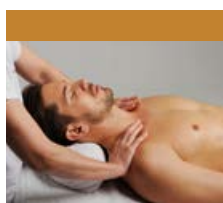


33.
Model the waist with the back hands performing a crossed movement. Make it first on one side and later on the other.



34.
Finish the movements on the abdomen by performing a rotation of the hand at the level of the solar plexus, extending the movement upwards.

DÉCOLLETÉ AND ARMS



35.
Work on the cervical area with the fingers.

36.
Go down and smoothly slide the forearms covering the whole arm. Especially insist on the upper area.