

BRUNO VASSARI

FACIAL MASSAGE FOR DULL SKIN ANTI-STRESS

Without any doubt, a facial massage is a basic step in any facial treatment since it stimulates the face muscles and avoids the apparition of the known "expression lines". **Vitalizing Massage Cream** provides the skin with an adequate texture and moisture to carry out the massage, and it also activates the blood circulation and protects the skin from external aggressions, thanks to its two main actives.

We will start the massage applying the cream on the décolleté, neck and face using a fan-shape brush. Then apply a small quantity of product in your hands and rub your hands energetically until you feel the increase in temperature of your hands. The cream activates with the heat of the skin.

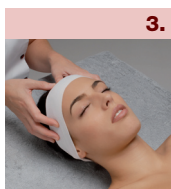
Massage of the scalp.



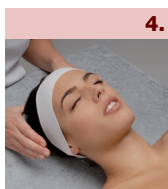
- 1.** We will start the massage relaxing the scalp area. At this time the cream on the décolleté, neck and face will change into a softer texture, turning the massage into a more pleasant experience.



- 2.** Place your thumbs on the centre of hair growth line. Make successive pressure with both thumbs towards the ears, symmetrically.



- 3.** Continue with the pressures on parallel lines, from the sides towards the scalp centre.

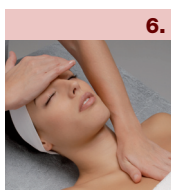


- 4.** Cover the head with the palm of your hands to release the tension accumulated on the scalp.

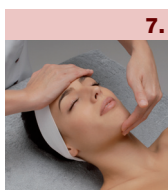


- 5.** Massage the scalp using all your fingers, with soft and slow movements.

Décolleté, neck and face.



- 6.** Place one hand on the forehead and another one on the sternum.



- 7.** The hand situated on the sternum lifts up towards the mandible. Place the fingertips right below the mandible bone and pull towards you. The head will move towards you. Repeat 3 times.



- 8.** The same hand moves onwards from mandible to the nose, draws a circular movement on the nose and then lifts up to the forehead. With both thumbs, make a pressure on the central part of the hair growth line.

Specific Massage on décolleté, neck and face.

We will start in this area with soft effleurages.

Trapezius.



- 9.** With soft massage movements we will start working on the décolleté and moving towards the shoulders and arms. We will pay special attention on this area as it is a place where tension is located easily. Massage the décolleté, shoulders and arms with soft pinches.

- 10.** Then insist on trapezius area with pinches and pressures with the thumbs. Repeat the movement 3 times.

Shoulders and cervical area.



- 11.** Now the therapist will locate on the lateral of the bed. Place your hands on the shoulders and pressure alternately.



- 12.** Keeping the same position we will work the nape muscles with pinches movements using the thumb and indexes. Make circular movements from the base of the nape up to the scalp.



- 13.** We will work carefully on the shoulders. Slip deeply your hands pulling the shoulders towards yourself. Repeat 3 times with each shoulder.



- 14.** Slip your hands with circular movements on the shoulders. Then pull the trapezius and shoulders in opposite directions. Repeat the circular movements and pull 3 times.

Back.

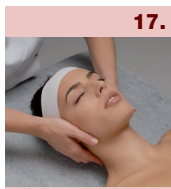


- 15.** The therapist will now locate behind the customer again. Slip your hands underneath the shoulder blades, and place them in parallel to the column. Pull upwards to arch the back. Repeat the movement various times.

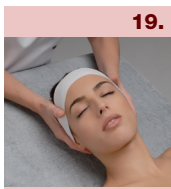


- 16.** Slip the hands back to the décolleté, finalizing the movement with a pressure on the sternum.

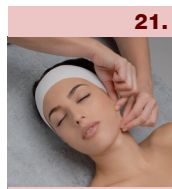
Neck and cervical area.



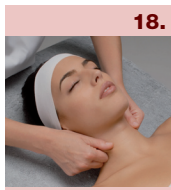
- 17.** From this area slide both hands under the nape and pull the head towards yourself. Repeat 3 times.



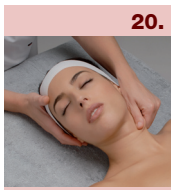
- 19.** With your hands on the cervical area, rotate the head to the left. You can now work easily on the right side of the cervical area and trapezius.



- 21.** Massage the muscles all along the mandible, from the chin up to the ear lobe, pinching the muscles softly with the fingertips. Repeat on left side.

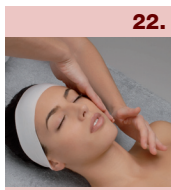


- 18.** With soft pinches, we will perform a massage on the sternocleidomastoid muscle. Place your hands underneath the back of the neck and massage with your thumbs in circular movements.

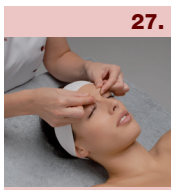


- 20.** Pinch the muscle softly from the ear to the shoulder, and we will increase the intensity of pinch slowly.

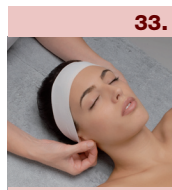
Face.



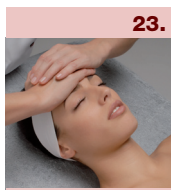
- 22.** Slip both hands alternatively from the neck up to cheeks, follow up to the forehead, and finalize the movement downwards on the other side of the face.



- 27.** Pinch smoothly with your thumbs and indexes starting from the part of the eyebrow arch close to the nose towards laterals.



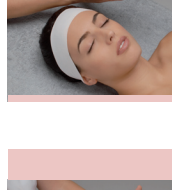
- 33.** With your indexes, press the nose wings and then slip towards the cheekbones.



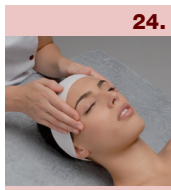
- 23.** Place both hands onto the forehead as shown on the Picture and press the head softly, sinking it into the bed. Repeat 3 times.



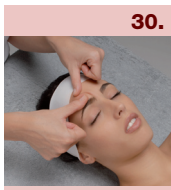
- 29.** Pinch smoothly with your thumbs and indexes starting from the part of the eyebrow arch close to the nose towards laterals.



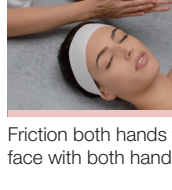
- 34.** Perform circular massage on the ear lobes, and move the full hands down to the neck, the shoulders, and finally to the sternum. Make a soft pressure and then leave your hands for a few seconds.



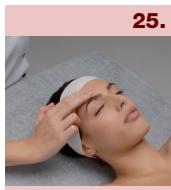
- 24.** From the forehead join the palms of both hands then slide them towards the sides of the face to the temples. Perform soft circular movements on the temples with your fingertips.



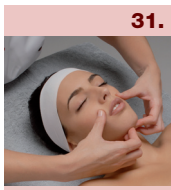
- 30.** With your thumbs on the forehead, make vibration movements and slip the thumbs towards the laterals in opposite direction one from the other. Repeat 3 times.



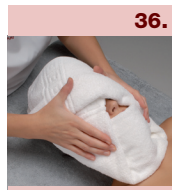
- 35.** Friction both hands to rise temperature and cover the face with both hands for a few seconds.



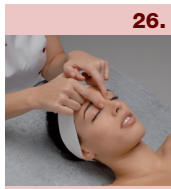
- 25.** Perform slow zigzag movements with 2 fingers from left to right of the forehead.



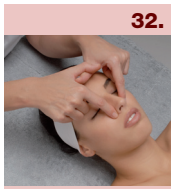
- 31.** Slip your hands all over the face, and then basing your fingertips under the mandible perform massage with your thumbs on the rest of the face.



- 36.** Cover the face with a warm and wet towel and remove the exceeding cream.



- 26.** Perform soft circular movements around the eyes, in the direction of growth of the eyebrows.



- 32.** We will now work on the lateral lines of the nose. Keep your finger under the mandible and with your thumbs move up and downwards alternatively.



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