

LEARN

HOW TO

MASSAGE

A Complete step by step Massage session

www.head-massage.net

A full Massage session

This eBook presents a full massage session with all the needed strokes moves and procedures. It is intended for all levels Massage Therapists – from beginners to advanced and also for people who wants to learn to give a massage. All of these should progress on the course of approximately 60 min. You can adapt this cycle to your clients and needs.

The cycle is based on modern Western Massage Therapy and it contains elements of Swedish Massage, Head Massage, Trigger Point, Sensual Massage, and other Massage Therapies. The eBook has links to the description of different strokes mentioned. Just follow the links if you are not sure how to perform a certain move.

Alternatively you can go on my website www.head-massage.net and read the entire manual online or find other information related to Massage therapy.



Back Massage

The patient has to lay face down.

Cover the inferior part of the body with a sheet. This prevents the body to cool down. Warm up your hands. Apply oil or lotion.

Start massaging with a very [light effleurage](#) of the entire back from sacrum to neck:

Perform 10-15 [long effleurage strokes](#) for familiarization. This is particularly important as it sets up the mood of the following 60 minutes.

Execute two times a more profound [bilateral effleurage](#) of the entire back. Make sure you cover every inch of the back.

Do [shingles](#) toward the neck two times. If the patient is a small person four runs should cover the whole back, otherwise you may need 6 runs. Do each run twice.

Perform [Pettrissage, \(Milking\)](#), on the whole back. The hands are synchronized for this stroke.

Uncover the Gluteal Area, (the buttocks), cover the rest of the back and keep the legs covered.

Start with [effleurage](#) and do it three times

Perform [Cross Fiber Friction](#) – this will help the fat to burn faster

Execute [Alternating Thumb Friction](#) – this is a very pleasurable stroke, because the muscles in the area are very strong if you want to protect your thumbs you can do a [fist friction](#) instead.

Pièce de résistance! *On the upper part of the buttock cheeks on the median line, (the ilium bones), you will find a notch under the muscle. Do a light circular finger, (or palm) friction of this area. This has strong effect on the vital energy of the patient. Can aid in treatment of impotence and frigidity. It can be very well used in a sensual massage.*

Return to Back massage and perform a [bilateral effleurage](#) of the entire back for two or three times.

Execute one time [fingertip friction](#) on the whole back: close to spine, median line and the edges of the body. Do not forget to do this from the opposite side of spine... Repeat this on the other side.

Do the same thing with [palm friction](#) but two times. This should be lightly stronger [than fingertip friction](#).

Perform a [peeling](#) two times. The area [peeled](#) starts very close to the

spine and it ends on the opposite side of the body.

Pièce de résistance! Perform alternate thumb pressing alongside the spinal column making sure you cover the whole length from coccyx to neck. This helps relaxing and reinforcing the spinal muscles. Most of us, as products of our modern society, will benefit greatly from this procedure. It is an excellent procedure for pregnant women, but if you are not a professionally trained massage therapist stay away from massaging pregnant women. As an alternative you can do an elbow pressing for more muscular bodies, but you have to pay attention to the placement of elbows as you have less control on tiny spaces and you don't want to press on the spine.

As a transition you can do the [shingles](#) again and then cover the back up to the shoulders (under armpit).

For a complete description of the strokes, moves and other massage tips consult the full manual at www.head-massage.net/

Shoulders and arms

Perform [Petrissage, \(Milking\)](#) on shoulders and arms. Avoid the elbow area.

Do a [Fingertip Friction](#) on the arm's muscles. Avoid the elbow area.

Re

Stretch (traction) the arm for a few seconds. Release and then stretch again. Holding the patient's hand in yours perform vibration. Stretch - lift the arms upwards like you want to join them. Make sure you don't apply too much strength. Do not over stretch.

Bend one arm at the elbow and place the hand on the spine. Then lift the elbow a few time stretching. Repeat with the other arm.

Pièce de résistance! Perform [thumb friction](#) on the exterior part of the forearm, the space between the radius and ulna. This is an extremely efficient procedure for improving the digestion and it can alleviate indigestions.

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Neck and Skull

Execute [two finger Petrissage](#).

Perform light [Fingertip Friction](#).

Execute a light [Milking Petrissage](#) on the neck. This feels really good.

Perform an alternate finger pressure along the spine, finishing up with an upward thumb [effleurage](#) on the edge of the skull.

[Cross fiber friction](#) with your palm.

Very light [Hacking Tapotement](#) on the neck, only the ends of the fingers are used.

[Fingertip Friction](#) to entire skull.

Perform a circle [fingertip Friction](#) to Sphenoid bone. The circular movement is directed to front and you execute the movement concomitantly on both sides.

Do the same thing for Temporal bone (temple).

Finish the neck and shoulders part with [Nerve strokes](#) on the whole skull. Perform first [Tapotement nerve strokes](#) and end with [effleurage nerve strokes](#).

Pièce de résistance! *Perform a [circular clockwise friction](#) on the posterior fontanel. This is almost as effective as an energy healing procedure. This has to be done at least 20 sec to be efficient. It eases up the head bringing freshness, it can sober the patient up after a few drinks, it balances the energies at all levels. You have though to be very careful and do it in small steps with all the patients and get a lot of feedback because overdone it can make your client faint. You have to dose extremely careful the pressure and the time.*

Cover the neck and shoulders.

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Foot and leg massage

Uncover one leg.

Perform [Pettrissage, \(Milking\)](#) on thigh. Do not massage the knee area.

Do a thumbs and palm [cross fiber friction](#). It's very good for the heavily used muscles in this area. If there are injuries make sure the injured area is not swollen.

Perform [Hacking](#) along the whole thigh.

Do a strong [effleurage](#) on the whole thigh continuing to buttocks.

Move to the other leg and do the same sequence.

Perform [Milking](#) on the calf.

Do a [cross fiber friction](#).

Do an [effleurage](#) along the whole leg.

Move to the other leg.

Apply oil on entire foot.

Perform the following strokes on the Plantar Surface of Foot:

[Palm effleurage](#), [knuckling effleurage](#),

Alternating [thumb friction](#)

[Thumb pressing](#) trying to massage the painful spots to release the tension.

On toes you can do a [Fingertip friction](#), [Stretching](#) (traction, extension and flexions)

On the anterior face of foot execute: [thumb friction](#) and [pressing](#).

Perform [traction and flexion](#) on the ankle.

Do the same thing to the other foot.

Note that the feet massage can be very complex and you can dedicate a whole session to them. The feet massage incorporates elements of traditional massage Reflexotherapy, Shiatsu and it can be a powerful technique alone.

You can end the massage with [effleurage nerve strokes](#) on the entire back.

Pièce de résistance! *The [effleurage nerve stroke](#) is perfect for a sensual massage. The difference between A regular [nerve stroke](#) and the one performed in a [Sensual Massage](#) is that the speed of execution in the later is very slow and the pressure is extremely light. See my website for a detailed session of [Sensual Massage](#).*

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