

Back Massage

With the towel still covering the client, rock them gently and stretch three times:

- i. straight: from the centre of the back, moving one hand towards the base of the neck, the other towards the top of the buttocks
- ii. two diagonal: from the centre of the back, moving one hand to the left shoulder and the other hand to the right glute. Repeat with the opposite shoulder and glute.
- iii. both glutes: pulling down on the buttocks, one hand on each glute.

Pull the towel down the client's body and tuck the top of the towel into their underwear. Proceed with the following steps:

iv. Effleurage

Apply enough oil to cover the back (usually two effleurage strokes).

v. Thumb circles

Start at the base of the spine near the sacrum and either side of the spinal column (muscle, not bone). Circulate your thumbs so that the right thumb is circling clockwise and your left thumb circling counter-clockwise. Pressure should come from your thumb pads, not the tips.

With each circle, move slowly away from the spine towards the hips. On approaching the hips, draw the thumbs down to drain the inguinal nodes.

vi. Centre push

From the centre of the back, with your fingers open and hand slightly cupped, push away from the spine with pressure coming from the palm not the fingers.

As the first hand reaches the lateral part of the waist, continue with the other hand to achieve a fluid, continuous movement.

Repeat this move three times and then repeat with the finger tips closed.

vii. Centre pull

Bend your knees but maintain an upright posture. Place the palm of your hand in the centre of the back, pull towards you from the spine with pressure coming from the palm not the fingers.

As the first hand reaches the lateral part of the waist, continue with the other hand to achieve a fluid, continuous movement.

Repeat this move three times and then repeat with the finger tips closed.

viii. **Wringing**

Bend your knees but maintain an upright posture. Place your hand that is nearest the buttocks on the side of the waist that is furthest away from you. Place the other hand on the other side of the waist.

Draw each hand towards the centre of the spine, applying pressure with the palms of your hands. As your hands reach the centre of the back, straighten your knees slightly and adjust your torso to suit the change in position of your hands (i.e. twist the shoulders back towards the normal position).

Continue moving your hands towards the opposite side of the body and follow the torso rotation through, bending your knees again towards the end of the move.

Repeat this in the opposite direction, whilst moving your hands up the back towards the base of the neck.

Once you have reached the armpits, use the effleurage stroke to return to the base of the spine.

Repeat three times.

ix. **Petrissage**

With small circular movements of your thumbs, move slowly up the erector spinae (muscles either side of the spinal column). Apply pressure to the muscle with the pads of your thumbs.

Continue until you reach the base of the neck.

Repeat three times.

x. **Grasp and neck pull**

Starting at the top of the neck, gently grasp the flesh around neck and pull towards you.

Repeat for the middle and then the base of the neck.

xi. **Double handed figure of eight**

Starting in the centre of the back between the shoulder blades,

place one hand on top of the other with fingers interlocking.

Move your hands in a figure of eight around the shoulder blades with the move always coming down the spine from the neck.

As your hands reach the top of each shoulder, lead with the palm, not the fingers.

Repeat six times.