

Breathe Ease Treatment



**Treatment
time:
60 min.**



**Price
Classification**

**Advanced Massage
Treatment**



**Cost per
treatment**

\$2.17

Stand out from the crowd by providing a unique decongesting experience for your clients, effective and result driven. This powerful formula will penetrate deeply into the skin during a BNS, chest, and facial cupping massage to reduce any discomfort from congestion, sinus, and other flu-like symptoms. This Genie provides a powerful anti-viral and anti-microbial application that last for hours opening and clearing your airways.

The treatment soothes tired and sore muscles. Therapeutically infused with beneficial essential oils like Eucalyptus, Lemon, Ravintsara, and Rosewood that will improve soothe and reduce flu-like symptoms, and homeopathic remedies that offer support. This is a fantastic low cost, extremely effective deep tissue massage



SAMPLE MENU DESCRIPTION:

The Bellabaci Cupping technique combines positive and negative pressure massage performed with hands and the innovative silicon cups, for the benefit of optimizing comfort and reducing sinus, congestion, and supporting the immune system. This treatment is excellent to provide a powerful anti-viral and anti-microbial application that last for hours opening and clearing your airways.



What you'll need:

The Breathe Ease Genie is the Professionals choice to decongest and support the immune system.

The natural decongesting properties of Eucalyptus, Lemon, Ravintsara, and Rosewood, will address flu-like symptoms and provides a powerful anti-viral and anti-microbial application that last for hours opening and clearing your airways

Bellabaci Face, Bambino, Body and Super cups are made from silicone and will increase blood and lymph circulation allowing fresh oxygenated blood to nourish the tissues whilst loosening and assisting the removal of toxins and fluid in the area.

This treatment offers little to no overheads, no expensive machines needed, the oils do not stain towels or become rancid and our technique gives the therapist's wrists a well-deserved break while the clients benefit from tangible results.

Professional Products needed:



Homecare:





Treatment Protocol



1

ATMOSPHERE

Set the ambience of treatment by utilizing lighting, diffusers, and music.



2

PREPARE

While your guest is changing, ensure your Breathe Ease Genie and Bellabaci Facial, Bambino, Body and Super Cups are ready for use. Prepare the treatment table for massage by utilizing linens and towels for warmth and properly draping your table. Assist your guest to the treatment room and onto the table, lying face down.



3

OIL APPLICATION

Apply 5 pumps of the Breathe Ease oil into your hand and hold it underneath the client's face and ask to inhale 3 times. Apply to the back hands-on effleurage. Once the client has turned over you will apply oil on the face and chest area. The amount will vary depending on the size of the area treated.

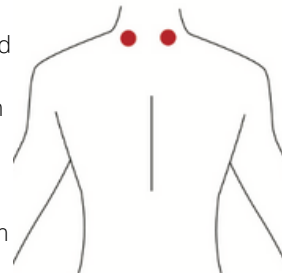


4

PERFORM CUPPING MASSAGE

- Perform placement Cupping using 2 Soft Body cups. Place the cups at the base of the neck. For a first-time client, 30 seconds of placement is recommended. Thereafter you can build it up to 2 minutes and a maximum of 10 minutes. Follow Daigramme below
- Always make sure that you have explained to your client that they may have a cup kiss for 7 to 10 days following the session.

- Proceed to massage the neck with the soft or hard cups depending on the required pressure requested by the client.
- Drain from the deltoid to the occipital on the right side using a Soft or Hard cup on medium suction, ending off in the occipital hollow. Repeat X6. Repeat on the left side. Neck circles:
- Figure 8: Stand at the top of the bed. Divide the full-back into 3 sections, upper, mid, and lower. Use a Soft or Super cup on medium to deep pressure, and perform an infinity sign/figure of 8 over the 3 sections. The starting point is the midpoint (spine) to begin the 8. This is a continuous movement with hands holding the cup in between your hands in the triangle position, gliding back to starting point over the spine and into the occipital hollow.



Treatment Protocol Cont.

- Three smiles: Use a Soft, Super, or Hard cup, “draw” a half-circle around the Left scapula, then around the neck, and flow into gliding around the Right scapula. Repeat x3-6.
- Cervical Circle: Use a Soft, Super, or Body Cup, and perform a circle over the cervical vertebrae. Repeat x6-8
- Knuckling with hands in the neck.
- Perform a hands-on effluarage
- Complete the back treatment with a few minutes of scalp massage.



- Let the client slowly turn over. Cleanse the skin should it be necessary using the Deep Cleanse Pro Mitt, taking care to wipe off the eye makeup.
- Follow by cleansing the client's skin with your cleanser of choice to remove any traces of makeup. Best to ask the client to close her eyes or cover.
- Apply 2/3 pumps of Breathe ease Genie to your hands and gently use pressure point therapy to apply it to the temples, sinuses, and lymph nodes under the jaw line, and decollete, followed by hand effleurage.
- Note: Avoid going too close to the eye area.
- Perform the Facial Cupping Massage and focus on massaging the forehead and underneath the eyes, draining from the midline outwards.

- Use the Soft Facial and/or Soft Bambino for the treatment.
- Drain the third eye with a soft facial cup starting at the brow line and working upward towards the hairline x3.
- Drain with a soft Facial Cup, starting at the forehead from the mid-line outwards following the lymphatic pathways x3.
- Drain with a soft Facial Cup, starting underneath the corner of the eye from the mid-line outwards following the lymphatic pathways x3.
- perform the Fish Bite with a soft Facial Cup, starting at the forehead from the midline outwards following the lymphatic pathways on the forehead and underneath the eyes x3.
- Perform Small Circles with a soft Facial Cup, starting at the forehead from the mid-line outwards following the lymphatic pathways on the forehead and underneath the eyes x3.
- Repeat the Draining sequence.
- Repeat on the other side of the face.
- Finish the treatment by using hand massage, ending at the pressure point in the occipital hollow.
- End off by wiping the excess oil off with the Deep Cleanse Pro Mitt should or massage it into the skin depending on what is requested by the client.



5

ENDING TREATMENT

End the massage by closing the area that you worked on with your sheet. Place robe and slippers by the side of the table so the client can slip into them as they exit. Offer the Breathe Ease Genie and cups for your client as a retail option and provide homecare advice.