

Abdominal Treatment Massage



Treatment time:

15 min.



Suggested price:

\$50



Cost per treatment

\$0,20

Provide a result-driven abdominal experience for your clients, whether it be for digestive concerns, IBS, or relieving discomfort in the abdominal area. Make use of a combination of Essential oils, homeopathic remedies, cupping, and hand massage to relieve pain, bloating, and flatulence.

By using the Body and Super cups, your client will feel instantly relaxed while you are addressing their abdominal concern. The cups will allow for increased product penetration, ensuring that you get the most from your products.

This treatment was created to offer support for improving blood and lymph circulation, reducing abdominal cramping, IBS, digestive concerns, and balancing the abdomen. Therapeutically infused with beneficial essential oils like Lavender, Bitter Orange, and Lemon Eucalyptus, and homeopathic remedies that offer support. This treatment is a noise-free and low-cost alternative to invasive treatments.



SAMPLE MENU DESCRIPTION:

The Bellabaci Cupping technique combines positive and negative pressure massage performed with hands and the innovative silicon cups, in combination with Bye Bye Belly Blues Massage Oil provide total comfort for your belly blues. This all-natural and fast-acting formulation relieves IBS, Constipation, Spastic Colon, Menstrual Pain, and Cramps.

This treatment is excellent to soothe you back to complete calmness whilst improving digestion, decreasing inflammation, and aiding in nutrient absorption and toxin removal.



CHROMA & AROMA SELECTION

For the full Bellabaci experience, have the client view all 6 of the Genies. Using periphery vision, the client should choose the color which appears most vibrant. Should there be 2, then the chosen Genie is detected via smell. In true Aromatherapy, your olfactory memory will guide you to which blend your body and mind needs. If the Genie smells wonderful, it is the correct formula. If the Genie does not smell as great, it is not what your body is in needs. Humans are intelligent beings, and we have the ability to know what we need, we just need to learn how to revive this ability. For a practical parable, when you are sick with a virus, you may crave orange juice (immune-boosting) or chocolate for its calcium and uplifting element value during times of pain. The Chroma & Aroma Selection is completed before a Bellabaci Treatment is performed, either during consultation or guest check-in at reception, should a concierge be able to guide the client.



What you'll need:

The Bye Bye Belly Blues Massage Oil or Balm is the Professionals choice for any abdominal discomfort, IBS, flatulence, bloating, and digestive concerns.

The natural properties of Lavender, Petitgrain, Eucalyptus, and Orange Peel oil soothe you back to complete calmness whilst improving digestion, decreasing inflammation, aiding in nutrient absorption, and toxin removal.

Bellabaci Body Cups 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 fluid and toxins in the area.

This treatment offers low cost per service, 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

TREATMENT ROOM PREPARATION

Set the ambiance of treatment by utilizing lighting, diffusers, and music. The treatment room should be set up prior to the guest's arrival. Ensure all supplies are available like your chosen Bellabaci Professional Wellness Massage Oil or Balm, Bellabaci Body, Super Cups, linens, and towels for warmth. The massage table must be properly draped. Assist your guest to the treatment room and onto the table, if needed, lying face down.



2

OIL APPLICATION

Apply 2 pumps of the Bye Bye Belly Blues oil to your hands and hold your hands above the client's face without touching and allow the client to inhale 3 times then apply to the abdomen by using a hand effleurage ensuring to apply on the sides as well x 3. Apply oil to the area liberally.



3

PERFORM CUPPING MASSAGE

Proceed with your massage starting on the stomach using effleurage to start and end the treatment. Complete the Cup Drainage, and Circle movements in the area.

Note: If placement cupping is performed for Constipation start treatment of the back of the body.



4

COMPLETION OF SERVICE

Complete the massage by closing the area that you worked on with your sheet. Place the robe and slippers by the side of the table so the client can slip into them before they exit. Thank your client and ask how they feel after their treatment. Offer the Bye Bye Belly Blues genie Kit for your client as a retail option and provide homecare advice.

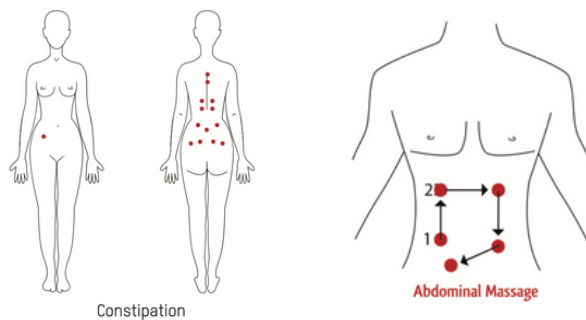
Massage Sequence

- Apply 2 pumps of the Bye Bye Belly Blues oil to your hands and hold your hands above the client's face without touching and allow the client to inhale 3 times then apply to the abdomen by using a hand effleurage ensuring to apply on the sides as well x 3.
- Apply oil to the area liberally.

Note: If placement cupping is performed for Constipation start treatment of the back of the body.

Optional: Placement cupping for Constipation

- Start with the above oil application directions on the back.
- Perform placement Cupping using 13 Soft Body cups. Place the cups as indicated on the diagram. 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.
- Assist the client to turn over and perform placement cupping with 1 soft body cup as indicated on the diagram. 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. Please see the diagram below for guidance.
- 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.



Movement cupping Massage

- Perform a hand effleurage on the abdomen x3.
- Perform kneading on the abdomen using your hands.
- Drain the ribcage, working from the midline outwards on both sides on light to medium suction X3. See image 1.
- Perform cup effleurage using a soft body cup starting on the right hip moving up and across to the left side and down following the colon making one large circle. Repeat x 5 See image 2.
- Make use of a soft body cup to perform small circles on the colon starting on the right hip and repeat x5. See image 3.
- End off with Hand effleurage x3
- Use a warm compress to remove excess oil should it be requested

