

Copper Mitt Treatment



Treatment time:

30 min.



Suggested price Category:

Advanced

Stand out from the crowd by providing a unique exfoliation treatment for your clients by using the Copper mitt, effective and result driven. The Copper Glow Mitt combines superb natural fibres and pure 25% copper threads for a seamless exfoliation. Copper is an excellent weapon against the signs of aging thanks to the SOD (superoxide dismutase) released that fights free radicals. Copper, when frictioned with the skin, is clinically proven to reduce the appearance of aging for smoother, younger-looking skin. Copper ions are released into moisture between the fabric and the skin. This action creates a surge of microcirculation to release oxygen and nutrients to cells, enforcing skin regeneration.

This treatment was created to offer support for improving blood and lymph circulation, and removing dead and dry skin cells leaving your skin radiant and glowing. This treatment is a noise-free, mess free and low-cost alternative.



SAMPLE MENU DESCRIPTION:

The Copper Glow Mitt combines superb natural fibers and pure 25% copper threads for seamless exfoliation to leave your skin feeling smoother and looking radiant. Slough off the dead skin cells whilst leaving your skin looking younger.

.The treatment is concluded with a combination of cupping therapy and hands-on massage using your chosen Bellabaci Formula.



What you'll need:

The Copper Glow Mitt is ideal to exfoliate your skin, fight free radicals and hydrate the skin in one application.

Frequent exfoliation is key to:

- Stimulate collagen and elastin
- Assist with poor circulation
- Calm the nerve response as seen in restless leg syndrome
- Treat and prevent ingrown hair
- Remove spray-tan effectively
- Assist with uneven skin tone, acid bumps, scars, and stretch marks
- Increase the activity of products by removing dead skin cells blocking the penetration of ingredients.

Bellabaci 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.

This treatment offers little to no overhead, 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 benefits 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 Chosen Bellabaci Oil or Balm and Bellabaci Body and Super Cups are ready for use. Ensure your Copper Glow Mitt is ready for use. Prepare the treatment table linens and towels for warmth and properly drape your table. Assist your guest to the treatment room and onto the table, lying face down.



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TREATMENT PROTOCOL

- Start the treatment on the back, followed by the back of the legs, front of the legs and finish with arms.
- Apply a warm towel to the area and remove once cooled.
- Gently exfoliate by using a warm damp Copper Mitt and perform circles x 3
- Follow with 2 drops of the chosen Bellabaci Concentrate applied with hand pressure.
- Use 2 pumps of the Chosen Bellabaci Massage Oil or Balm and continue with massage protocol.
- Repeat on back of legs
- Assist client to turnover
- Repeat on front of legs
- Repeat on arms



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CUPPING MASSAGE PROTOCOL

Back Sequence

- Remove the towel and apply 2 drops of the chosen Pure Essential Concentrate onto your hands ask the client to inhale 3 times and then press onto the shoulders, lower back, and occipital hollow.
- Apply the prescribed Genie in a Bottle treatment oil liberally. 3/4 pumps
- Perform full back effleurage using hands X3.
- Stand on side of the bed. Kneading with the hands-on left side of body, starting at gluteus muscles and work up into the neck X3. Repeat on right side
- With the soft cup on light suction level, glide from neck to gluteus, (next to the spine) covering sides, and glide back to starting point X3. Repeat on other side.
- With one cup, perform large circles on your 3 sectioned areas of the back on the right side X4. Repeat on the left side. 3 sections are the scapula, mid-back, and lower back.
- With one soft cup, drain the spine on light to medium suction from the neck ending at bottom of the spine. Ensure that you have had full contact on the back as you glide the cup X4. If the spine is too bony you can skip this step.
- With 2 soft cups and medium suction, drain the back from the midline outwards, starting at the gluteus muscles and working your way up to the tops of the scapula X3.
- With a soft cup perform large circles on the right side of the gluteus muscles X3, and repeat on the left side. Medium suction is recommended.
- Perform the Vibration movement by moving (almost shaking) the cup from the base of the spine to the neck.
- Perform the Fish-bite movement by squeezing and releasing the cups along the spine from the lower back to the neck as you glide. The hard body or super cup is recommended.
- Perform the Boat movement by twisting the cup left to right along the spine, lower back to neck.

Treatment Protocol Cont.

- With one super cup in your hand triangle, perform a figure of eight (8) on your 3 sectioned back areas with medium to deep suction, starting at the scapula section and working your way down to the lower back. Repeat X3.
- With the hard cup on medium suction, perform small circles along the side of the spine, starting at gluteus muscles and working your way into the neck X3. Use medium to deep suction depending on client preference.
- With one cup (super or hard), perform large circles on right scapula X4. Repeat on left side. Use hard cup if client requires deeper pressure.
- Drain from deltoid to occipital on right side using soft cup on light to medium suction, ending off in the occipital X4. Repeat on left side.
- Smile movement with soft or hard cup on medium suction X6. o Knuckling with hands in neck for 2 minutes.



Leg Sequence

- Start the treatment on the back of the legs
 - Apply prescribed Genie in a Bottle treatment oil or balm liberally.
1. Upper leg
 - Knead the upper thigh using hands only. Stand on the side of the bed.
 - Drain the Left upper leg using the Soft or Super Cup on light suction, starting just above the popliteal node to the buttock or as high up the leg as allowed by management. Maintain full hand contact to avoid smarting. Repeat x 3.
 - Perform Fish bites using the Soft/Super cup from knee to top of the thigh. Stand on the side of the bed when using Super Cup and use both hands to squeeze and release the cup. Repeat x 3.
 - Perform Vibration using a Soft/Super cup, working from just above the popliteal node to the upper thigh/buttocks.x3.
 - Perform Circles using the Soft or Super Cup using the triangle technique. This is a great kneading movement but does maintain full hand contact at all times for the benefit of combining positive and negative pressure simultaneously.x3
 - Perform Zig zags by gliding the Soft or Super Cup from side to side, working your way up from just above the popliteal node to the upper thigh or as far as allowed by management. Repeat x 3.
 - Drain with cups x 3.
 - Perform the Effleurage on the upper thigh with hands x 3.
 - Note: Always ensure that your hands are flat on the body to avoid the pinching effect caused by fluid retention in this region.
 2. Lower leg:
 - Kneading
 - Drain with cups towards the popliteal lymph node
 - Fish bites
 - Circles
 - Zigzags
 - Effleurage whole leg with hands X3
 - Note: Repeat on right leg and then assist your client to turn over (supine)
 - Complete the upper leg and lower leg sequence on the front of the left leg and repeat on the right leg.



Arms

- Effleurage with hands. x 3
- Drain with a soft cup on light suction with full hand contact from elbow to shoulder, covering full upper arm X3.
- Perform circles with a soft cup starting at the elbow and work your way up to the shoulder, covering the full upper arm on light to medium suction X3.
- Drain from elbow to shoulder again.
- Finish off with hand effleurage x3



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ENDING TREATMENT

End the treatment with a hand effleurage. Place robe and slippers by the side of the table so the client can slip into them as they exit. Offer the chosen retail for your client as a retail option and provide homecare advice.