

# Meno-Free Support Massage



**Treatment time:**  
**60 min.**



**Suggested price:**  
**\$80**



**Cost per treatment**  
**\$2.23**

## LUXURIOUS MASSAGE EXPERIENCE

Stand out from the crowd by providing a unique massage experience for your clients. This treatment was created to offer support for women in the peri-menopausal and menopausal phases in life. Therapeutically infused with beneficial essential oils like ylang-ylang and geranium that will hydrate the skin and uplift the senses and homeopathic remedies that offer support.



### SAMPLE MENU DESCRIPTION:

The Meno-Free Calm Body Day Massage Oil was created for uplifting perimenopausal and menopausal women. The wild-crafted essential oils will address the symptoms of Menopause including emotional upsets, sensitivity, discomfort, and hot flushes whilst the homeopathic remedies provide overall support.

Optional: We combine positive and negative pressure massage performed with hands and innovative silicon cups for enhanced results.

[WWW.UNIVERSALCOMPANIES.COM](http://WWW.UNIVERSALCOMPANIES.COM) | [INFO@BELLABACI.COM](mailto:INFO@BELLABACI.COM)



# What you'll need:



The Meno-Free Calm Body Day Massage Oil is the professionals choice for taking care of perimenopausal and menopausal women.

With the natural calming properties of Ylang Ylang, Geranium, Grapefruit, and Clary Sage essential oils this natural oil will address the symptoms of Menopause including emotional upsets, sensitivity, discomfort, and hot flushes.

## Professional Products needed:



## Homecare:





# Protocol



1

## ATMOSPHERE

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



2

## PREPARE

While your guest is changing, ensure your oil is 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 1 pump of oil to your hands and hold under client and direct client to breath and out 3 times. Drizzle 2 pumps of oil into your hands to start the treatment on the back. The amount will vary depending on the area treated. Apply oil to the area liberally.



4

## PERFORM MASSAGE

Proceed with your massage using the techniques of your choice you can also combine this with cupping massage enhancing the benefits of the treatment.



5

## ENDING TREATMENT

End the massage by pulling the top sheet to the client's waist and placing the robe over their back and shoulders. Place slippers by the side of the table so the client can slip into them as they exit. Offer the Meno-Free range for your client as a retail option



# Massage Sequence

The Bellabaci Signature Cupping Massage is a combination of cups and hands, utilizing positive and negative pressure. Always only use one cup at a time, held in between your hands in the triangle or L- shape technique. This helps minimize hand fatigue and will ensure that there is no overstimulation. Clients need the power of touch and hands-on contact is crucial for the best results. The sequence begins with the client lying face down, starting with the back, followed by the scalp, arms, upper legs, and lower legs. The client then turns over, facing up and the massage continues starting with the feet, followed by upper legs, lower legs, and stomach if permitted, decollate, and ending in the occipital hollow.

## 1. Back massage Sequence

The client is lying face down/prone

- Apply 2 drops of the chosen professional Pure Essential Complex to the palm of your hand and hold underneath the face ask the client to inhale 3 times then apply to the area of concern using hand pressure.
- Apply 3-4 pumps of the Meno-Free Calm Body professional Wellness Massage Oil liberally to the back.
- Perform full-back effleurage using hands only, repeat X3.

Kneading

- Stand on side of the bed. Knead with your hands on the left side of the body, starting at the gluteus muscles and working up into the neck and back to the starting point, x3. Repeat on the right side.

Note: Depending on pressure preference, for first-time clients, always use the Soft Body or Soft Super Cup and utilize the light or medium pressure. For repeat clients, use the Soft Body, Soft Super Cup, Hard Body, or Medium Super Cup utilizing soft, medium, and deep pressure. Encourage clients to provide feedback on their comfort throughout the massage for preferred pressure.

Cup Effleurage:

- Use a Soft Body Cup on a Level 1 (light) suction, glide from upper to lower back, directly on the left erector spinae muscle. Then glide back to starting point. Repeat X3. When reaching the lower back, "draw" a circle over the glutes to "make a U-turn" while always keeping your hands in contact with the body. This ensures a smooth and continuous movement.
- Repeat on the right side. See image #1.

Big Circles:

- Divide the left side of the back into 3 regions, upper, mid, and lower back. On the left side with a Soft Body Cup using Level 1 (light) suction, perform large circles on the 3 sectioned areas of the back. After performing the last lower back circle, glide the cup up to the neck area on the erector spinae and do not break contact.
- Repeat on the right side. See image #2.

Spinal clearance:

- With a Soft or Medium Super Cup, drain the spine very slowly on Level 1 (light) to Level 2 (medium) suction, using the hands on the erector spinae muscle on both sides of the spine. Glide the Cup from the cervical vertebrae ending at the sciatic region or as low as permitted. Then glide straight back up to starting point. Ensure that you have full contact on the back as you glide the cup. Repeat X4-6. Cupping is the only method where we can address the spine, as we use negative pressure. The positive pressure from the hands around the cup is on the erector spinae only. See image #3.

Taking out the trash:

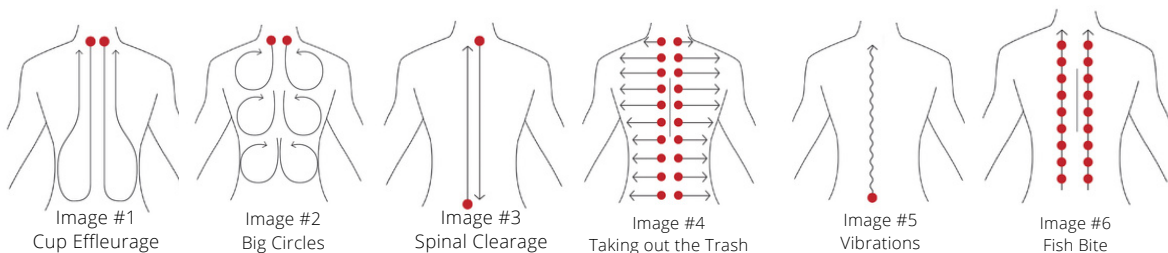
- Use 1 Soft Body Cup or 1 Super Cup, utilizing Level 2 (medium) suction, drain the lymph from the midline, on the erector spinae outwards towards the side of the body, starting at the lower back and working your way to the upper shoulders. Release suction with the cup when reaching the side (before air can enter the cup to avoid any noise) and gently glide back to the starting point with your hand only. Remember to remain in constant contact with the client. This step is to move the lymph closer to the lymph nodes on the sides and between the ribs. See image #4

Vibrations:

- Depending on pressure preference, use the Soft, Super, or Hard Cup and jostle/shake the cup on the left erector spinae, working from the lower back up to the upper shoulder. Repeat x 3. Depending on pressure preference, for first-time clients, always use the Soft Body or Soft Super Cup and utilize pressure Level 1 (light) or Level 2 (medium). For repeat clients, use the Soft Body or Soft Super Cup, or Hard Body or Medium Super Cup utilizing pressure Level 2 (medium) or Level 3 (deep).
- Repeat on the right side.

Fish Bite:

- Use the Soft/Super or Hard Cup, perform a squeeze and release action along the Left side of the erector spinae, from the lower back to the neck, never losing full contact. Repeat x 3. Repeat on the right side. When using the Super cup, stand on the side of the bed and use both hands to squeeze and release to avoid hand fatigue.



# Massage Sequence Cont.

## The Boat:

- Use the Soft, Super, or Hard Cup, and twist the cup along with the left erector spinae, starting at the lower back and working your way up to the neck. Repeat x 3. Repeat on the right side.

## Figure 8:

- Stand at the top of the bed. Divide the full-back into 3 sections, upper, mid, and lower. Using a Soft Body or Super Cup on Level 2 (medium) to Level 3 (deep) pressure perform an infinity sign/figure of 8 over the 3 sections. The starting point is the midpoint (spine) to begin the 8 or sideways figure 8 (infinity sign). This is a continuous movement with hands holding the cup in the triangle position. Starting at the upper back, moving to the middle back, and finishing on the lower back. Once at the lower back, the circle is completed. Glide back to starting point over the spine and into the occipital hollow.

## Three smiles:

- Stand at the top of the table. Use a Soft, Super, or Hard Cup and utilize pressure Level 1 (light) or Level 2 (medium). For returning clients, use the Soft Body or Soft Super Cup or Hard Body or Medium Super Cup utilizing pressure Level 2 (medium) or Level 3 (deep), "draw" a half-circle around the left scapula, then around the neck, and flow into gliding around the right scapula. This movement is continuous and flows from a half circle into the next. Repeat this 3-6 times.

## Cervical Circle:

- Use a Soft, Super, or Body Cup, and perform a circle over the cervical vertebrae. Repeat x6-8

## 2. Neck

### Neck Slides:

- Drain from the deltoid to the occipital on the left side using a Soft or Hard Cup on Level 2 (medium) suction, ending off in the occipital hollow. Repeat X4.
- Repeat on the right side.

### Neck circles:

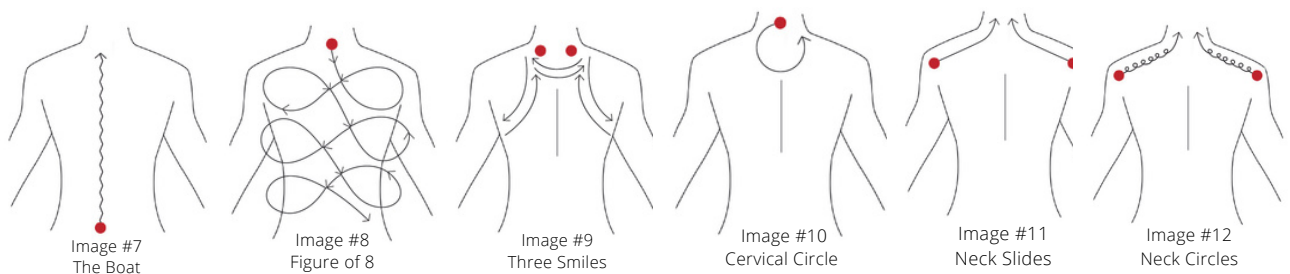
- Perform circles, moving from the left deltoid to the occipital using the Soft or Hard Body Cup with Level (medium) or Level 3 (deep) suction. Repeat x3.
- Repeat on the right side.

### Neck Petrissage

- Knuckle the neck using petrissage movements with hands only on the neck for 2 minutes.

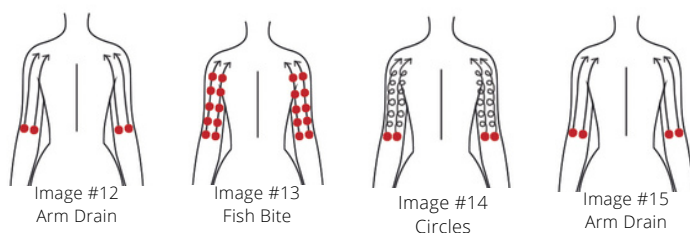
Note: If the neck is of a petite frame and suction is difficult, only perform hands-on massage.

Perform a full effleurage to complete the treatment.



## 3. Arms

- Apply Bellabaci Professional Wellness Massage Oil or Balm on the full arm with an Effleurage movement.
- Drain with Soft Cup on light suction using the L-Shape technique with full hand contact from elbow to shoulder, covering the full upper arm X3. See image #12
- Perform The Fish Bite from elbow to upper arm using the Soft Cup with light suction. X3. Repeat on the Left arm. See image #13
- Perform circles with the Soft Cup, starting at the elbow and working your way up to the shoulder, covering the full upper arm in 3-4 pathways using light suction X3. See image #14
- Drain from elbow to shoulder again. See image #15



# Massage Sequence Cont.

## 4. Legs

Apply Professional Wellness Massage Oil or Balm over the left leg using the effleurage movement with hands only. Repeat effleurage x3 and pump lymph nodes (optional).

## 5. Upper leg

- Always work from above the popliteal to the upper thigh/ buttocks or as high as allowed by management.
- Knead the upper thigh using your hands only.
- Drain the Left upper leg using the Soft or Super Cup on light suction. Maintain full hand contact. Repeat x 3. See image #16
- Perform Fish bites using the Soft Body or Soft Super Cup with Level 1 (light) suction from the knee to the top of the thigh. Stand on the side of the table when using the Soft Super Cup and use both hands to squeeze and release the cup. Repeat x3. See image #17
- Perform Vibration using a Soft Body or Super Cup, Repeat x 3. See image #18
- Perform Circles using the Soft Body or Soft Super Cup with Level 1 (light) pressure using the triangle technique. This is a great kneading movement however ensure to maintain full hand contact at all times for the benefit of combining positive and negative pressure simultaneously. Repeat x3. See image #19
- Perform Zig zags by gliding the Soft or Super Cup from side to side, working your way up. Repeat x 3. See image #20
- Drain with cups x3. See image #16
- Perform Effleurage on the upper thigh with hands only. Repeat x3.
- Note: Always ensure that your hands are flat on the body to avoid the pinching effect caused by fluid retention in this region.

## 6. Lower leg:

- Kneading with hands only.
- Drain with the Soft Body Cup towards the popliteal lymph node from the ankle using Level 1 (light) suction. Repeat x3. See image #21
- Fish bites
- Perform Fish bites from the ankle towards the popliteal lymph node using the Soft Body Cup with Level 1 (light) suction. Repeat x3. See image #22
- Circles

Using the triangle technique, perform Circles using the Soft Body Cup with Level 1 (light) suction. Repeat x3. See image #23 .

- Zig Zags

Perform Zig zags by gliding the Soft or Super Cup from side to side, working your way up from the ankle. Repeat x 3. See image #24

- Effleurage the full leg with hands only. Repeat X 3

Repeat on the right back leg.

Note: Assist your client to turn over (supine) and lying face up.

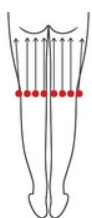


Image #16  
Drainign

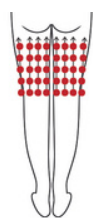


Image #17  
Fish Bite

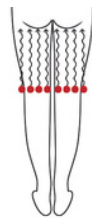


Image #18  
Vibrations

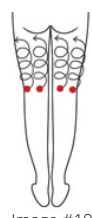


Image #19  
Circles

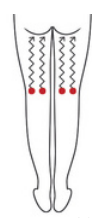


Image #20  
Zig Zags

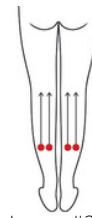


Image #21  
Draining

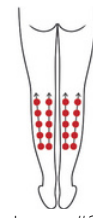


Image #22  
Fish Bites

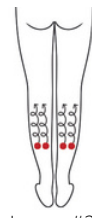


Image #23  
Circles

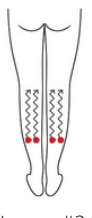


Image #24  
Zig Zags

# Massage Sequence Cont.

- 7. Left Foot
- Apply Professional Massage Oil liberally.
- Perform Gliding Compression on the foot. X3
- Perform the Boat, standing on the foot of the massage bed and using a soft Body Cup with weak suction pressure, twist the cup on the bottom of the foot with a Thumb- Fingers Squeeze Hand Position. X3
- Perform Knuckling, using a loose fist massage with the knuckles at the bottom of the feet, and support with the opposite hand on top of the foot. X3
- Perform Thumb Friction, using the thumbs with firm pressure to massage the plantar of the foot.
- Note: Perform your own signature foot massage if the flesh underneath the foot is too firm.



Image #25  
Boat

## 8. Upper Front Left Leg:

- Perform kneading on the upper thigh using just your hands. Repeat x3.
- Draining

Drain the upper leg using the Soft Body or Soft Super Cup with Level 1 (light) suction. Start just above the knee and move as high up the leg as permitted. Maintain full hand contact. Repeat x3. Always ensure that your hands are flat on the body to avoid the pinching effect caused by fluid retention in this region. See image #26

- Fish Bites

Perform Fish Bites from the knee to the top of the thigh, using the Soft Body or Soft Super Cup with Level 1 (light) suction. Stand on the side of the table when using the Soft Super Cup and use both hands to squeeze and release the cup. Repeat x3 times. See image #27

- Perform Vibration using a Soft Body or Super Cup, Repeat x 3. See image #28
- Perform Circles using the Soft Body or Soft Super Cup with Level 1 (light) pressure using the triangle technique. This is a great kneading movement however ensure to maintain full hand contact at all times for the benefit of combining positive and negative pressure simultaneously. Repeat x3. See image #29
- Perform Zig zags by gliding the Soft or Super Cup from side to side, working your way up. Repeat x 3. See image #30
- Repeat draining with Bellabaci Soft Body or Super Cup with Level 1. Repeat x3. See image #26
- Perform Effleurage on the upper thigh with your hands only. Repeat x3.

## 9. Lower Front Left Leg:

- Kneading with hands only. Repeat x3

- Draining

Drain the lower left leg using the Soft Body Cup with Level 1 (light) suction. Start at the ankle and move towards the knee. Repeat x3. See image #31

- Fish Bites Bellabaci Soft Body Cup From the knee to the top of the foot,

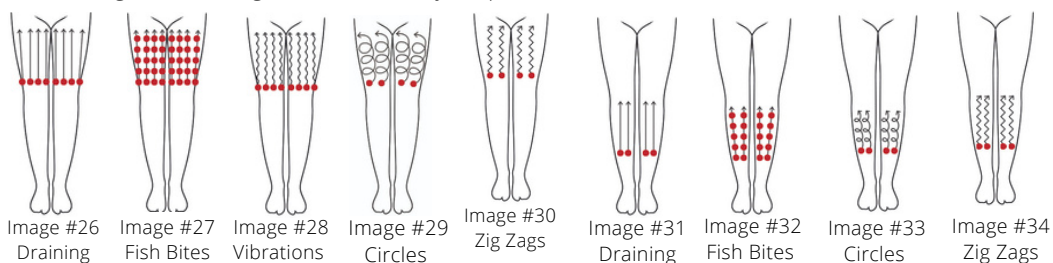
Perform Fish Bites using the Soft Body Cup with Level 1 (light) suction from the ankle to the knee. Repeat x3. See Image #32

- Circles

Using the triangle technique, perform Circles using the Soft Body Cup with Level 1 (light) suction. This is a great kneading movement, but make sure to always maintain full hand contact for the benefit of combining positive and negative pressure simultaneously. Repeat x3. See Image #33

- Perform Zig zags by gliding the Soft from side to side, working your way up from the ankle to the knee. Repeat x 3. See image #34

- Effleurage the full leg with hands only. Repeat X 3



# Massage Sequence Cont.

Repeat on the right front leg as indicated below

10. Right Foot:
11. Upper Front Right Leg:
12. Lower Front Right Leg:
13. Stomach: (optional)

Note: During the consultation, receive permission from the client to do abdominal work. Ensure proper, professional draping at all times.

- Apply 1-2 pumps of the chosen Bellabaci Professional Wellness Oil or Balm Liberally to the abdominal area using the effleurage technique moving clockwise with hands only. Repeat x3.
- Perform gentle petrissage kneading movements on each side. Repeat X3.
- Drain the ribcage, working from the side inwards on both sides on Level 1 (light ) or Level 2 (medium) suction using the Bellabaci Soft Body Cup. Repeat X3. See image #35

- Gliding Big Circles  
Using the Soft Super Cup with Level 1 (light) suction, glide along the colon in a clockwise direction performing 1 big circle. Repeat x5. See image #36

- Gliding Small Circles  
Using the Soft Super Cup with Level 1 (light) suction, glide along the colon in a clockwise direction performing small circles as you move. Repeat x5. See image #37

- Perform effleurage using hands only in a clockwise direction. Repeat X3.

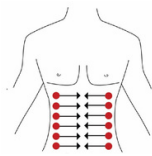


Image #35  
Draining

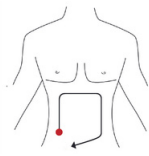


Image #36  
Gliding Big Circles

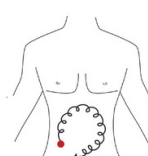


Image #37  
Gliding Small Circles