



Still Point Massage Treatment

Cost Per Treatment: **\$1.57** (*Does not include optional service enhancements*)

Time: **90 minutes**

What to Charge: **\$150**

Be still and indulge yourself in pure tranquility with this beautiful combination of mindful, guided meditation and relaxing massage. This calming journey is meant to harmoniously soothe both body and mind. The synergy of meditation and massage elevates this treatment to a truly unique wellness experience that places an intense focus on physical and spiritual well-being.

What You'll Need:

- Massage Oil (1 gal.) / C1345T
- Still-Point Essential Oil (10 ml) / C5010T
- Small Rubber Mixing Bowl / C710T
- TheraTools Professional Eye Pillow / C71000
- TheraTools Muslin Eye Pillow Covers (5 ct.) / TT105

Optional Service Enhancements:

- TheraTools Décolleté Heated Neck Wrap / C72000

Consultation:

- It's expected that the professional massage therapist is familiar with each muscle, the muscle groups, and how they are affected by specific movements.
- Traditional Swedish massage is currently the most common approach used for conditioning programs. It's frequently supplemented by other massage therapy approaches, including deep tissue, trigger point work, and acupuncture.
- Make sure you provide time for a thorough consultation so that you can create a customized massage that will serve your client.

Contraindications:

- Sunburn, skin rashes or conditions, open sores, fractures, acute pain or injury, fever or infections, open wounds, muscle ruptures, tendon ruptures, muscle and tendon partial tears, contusions, burns, rheumatoid arthritis and gout, bursitis, infection of the skin and soft tissue, thrombosis, artificial blood vessels, bleeding disorders, tumors, swelling, high blood pressure, pregnancy, and cancer.

Pre-Service Preparedness:

Note: Since each client has unique needs, this protocol doesn't include step-by-step instructions for the treatment plan and is expected to be incorporated into a customized massage composed of varying massage techniques.

1. Optional: Insert TheraTools Face Pillow into Muslin Eye Pillow Cover for sanitation.
2. Pour 2 oz. of Massage Oil into a small rubber mixing bowl and pre-heat in a warm towel cabi. On average you can expect to use around 2 oz. of oil per client over the course of 1 massage. This can vary depending on the size of the client and the client's skin type (oily or dry).
3. Set the ambience of the treatment room with relaxing, meditative music.
4. Take a moment to use your preferred methods to ground yourself prior to the service.
 - Place one hand over the crown of your head for a full minute while you deeply breathe in and deeply breathe out.
 - Place all of your awareness on the bottom of your feet. Concentrate on all of the different sensations you feel through the arch, the heels, and all ten of your toes.
 - Let go of your personal stresses and make sure you're prepared to be present in the moment with your client.




Client Reception:

1. Greet clients with warmth and gratitude. Perform client consultation and ask the client if they have any questions.
2. Invite the client to disrobe to their lowest level of comfort and lay comfortably on the massage table in the supine or prone position under the sheets and blankets, depending on your preferred start.
3. Empower your client to provide feedback on their comfort during the massage in regards to temperature, pressure, music, body positioning, etc.
4. Ensure your client is comfortable and adjust sheets and blankets if necessary.
5. Depart from the room for client modesty and then politely knock and announce when you re-enter the room.

What to Do:

1. Therapists may choose a recording to guide clients into relaxation or use their own voice to lead the way. Apply a few drops of the Still Point Essential Oil on a cotton round and place to the side.
2. Apply 3 drops of the Still-Point Essential Oil onto your hands. With the client lying comfortably face up ask them to close their eyes. Gently cup your hands in prayer pose about 3" from the clients face and ask them to slowly breathe in and out. Have them repeat the slow breathing until you feel their energy and body relax, then remove hands and begin mindful guided meditation. *See the script toward the end of this protocol.*
3. Gently re-initiate contact with your client by placing both hands on their shoulders.
4. Begin a gentle scalp massage, beginning at the occiput. Massage the perimeter of the hairline and end with thumbs at the top of the forehead.
5. Provide gentle thumb pressure where the frontal and parietal bones meet. Three gentle thumb pressure points (Marma Points) down the parietal bones ending in the center.



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6. Place the Professional Eye Pillow gently on the face and place the cotton round with Still-Point Essential Oil on the pillow for the client to continue to experience the therapeutic qualities.
 7. Remove the small rubber mixing bowl containing the Massage Oil from the warm towel cabi.
 8. Gently dispense 20 drops of the Still-Point Essential Oil into the rubber mixing bowl containing the Massage Oil.
 9. With a small spatula gently mix the Still-Point Essential Oil thoroughly with the Massage Oil.
 10. Slowly disperse the mixture onto the client's body and perform full body massage.

Close of Service:

1. After service, thank the client and offer water or the spa's preferred beverage.
2. Depart from the treatment room to prepare the beverage and heat the TheraTools Hemp Filled Décolleté Heated Neck Wrap.
3. Politely knock and announce when you re-enter the room.
4. Apply the warm neck wrap comfortably to the client and provide them with their desired specified beverage.
5. Quietly escort your client to your relaxation area so that they can enjoy the benefits of their massage and their spa beverage.

Start while lying down, allowing your legs to rest in a comfortable position, hip width apart. You can place your arms by your arms by your side or your hands on your stomach.

Begin with awareness of your breathing. Be thoughtful of the physical movement related to breathing in and out. Begin slowly breathing in through your nose slowly and out through your mouth. Focus your attention closely to the air moving in and out of your nose and mouth.

Start by breathing in and out slowly. One breath cycle should last for approximately 7 seconds.

Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.

Let go of your thoughts. Let go of things you have to do later today or pending projects that need your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath.

Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.

Then watch with your awareness as it works its way up and out of your mouth and its energy dissipates into the world.

It is normal and expected to have your thoughts interrupt your attempts at mindful breathing. Your mind begins replaying the day or gets caught up in worrying about tomorrow. Recognize those habits and then practice letting them go. Continuing to slowly breathe in and then breathe out.

I am going to slowly count out 7 and I want to breathe in through your nose. Then you will hold your breath for 7 counts and release out of your mouth 7 counts. You will breath, hold, and release though several repetitions.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Notice if you get caught up in negative thoughts like fear, frustration, or anxiety. Extend empathy to yourself. Catch thoughts of self-criticism or frustration, and come back to just one breath, one more time. Thoughts are only thoughts. Breathing in, breathing out. There's nothing you need to fix or change right now in this moment. Come back to our 7 count breathing.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Begin to notice your body. Move your awareness to your toes and feet. And breath slowly.

Now move awareness to your heels. And breath slowly.

From your feet, move your attention into your lower legs, noticing whatever there is to see. Letting go of a sense of effort or needing to make anything happen. And then from your lower legs, through your knees, and into your upper legs. If you feel any sense of stress or tension, aim to relax and let go.

Then through your buttocks and pelvis, and into your stomach and abdomen. You might notice a sense of your breath moving up and down, or other physical sensations, or sometimes even reflection of emotion (perhaps an emotion like fear or anger reflects in the stomach in the form of tension or tightness). As you move from your belly and now into your chest, note each time your mind gets caught up in thoughts of discomfort or distraction. Gently—with patience—guiding it back one more time.

Move around into your back, certainly a place many of us hold tension in different ways, relaxing your muscles as best as you're able, lowering your shoulders from your ears. If you feel a need to make an adjustment, allow that to happen with intention, pausing and choosing your next action. Shift your attention into your hands and lower arms, again without actively needing to move or change anything, observing, and letting go.

Then moving through your neck and into the muscles of your face, perhaps noticing any locations of tightness or pinching. Gently relax those muscles. For a few moments, have a general awareness of physical sensations throughout your body.

And now bring your attention back to the breath.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Now just stay with the sensation of breathing.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Breathe in through your nose slowly on 7 counts. Hold for 7 counts. Release slowly on 7 counts.

Imagine warm sunlight coming down from above. The warm, golden light beams down, touches the top of your head and relaxes the tension held in your scalp. The golden glow moves down your body slowly stopping to warm each muscle group, draining any tightness into the earth below you.

As you feel your body relax and release tension it becomes lighter and lighter. As resistance is removed, your body becomes so light it begins to float. You lift off of the earth and float like a cloud up to the sky. The warm sun envelops you a gentle breeze carries you through the sky.

Now just breathe in peace and tranquility.

