

# Bellabaci Signature Massage

The Bellabaci Massage combines hand-squeezable silicone cups with hands to offer benefits from positive and negative pressure massage. This massage technique creates a deeply relaxing sensation for the muscles and nervous system.

The treatment is performed with the Genie in a Bottle Professional Massage oils, which combines 4.5% essential oils and homeopathic remedies blended in fractionated coconut oil, formulated by Dr Sandi Nye.

The massage can be customised to assist with circulation, lymphatic drainage, tension release, cellulite or lipo-sculpting, and muscle spasms or discomfort.



Treatment  
time:  
90 min.



Price  
Classification

Advanced Massage  
Treatment



Cost per  
treatment

\$2.16



## SAMPLE MENU DESCRIPTION:

Release muscle tension and experience an intensive sense of relaxation with a pressure-releasing combination of cupping and hands-on massage performed with a unique blend of essential oil and homeopathic remedies, pre-selected according to your needs. This treatment includes a scalp massage performed with the Bellabaci Pure Essential Complex for complete wellness experience.



## 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:

You can use any of the Professional Genie Massage oils or balms based on your client's needs.

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 while loosening and assisting in the removal of toxins and offering numerous benefits.

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:

Bellabaci Deluxe Professional Cupping Kit (BELL25)

- 2 soft body cups
- 2 hard body cups
- 2 medium super cups
- 1 soft facial cup
- 1 soft bambino cup



Bellabaci Professional Pure Essential Complex

- Bellabaci Deep Relax Pure Essential Complex, 1.7 fl. oz. (N3670)
- Bellabaci Renew Pure Essential Complex, 1.7 fl. oz. (N3668)
- Bellabaci Muscle Support Pure Essential Complex, 1.7 fl. oz. (N3667)
- Bellabaci Detox Pure Essential Complex 1.7 fl. oz. (N3669)
- Bellabaci Revive Pure Essential Complex, 1.7 fl. oz. (N3666)



Bellabaci Professional Wellness Massage Oils or Balms

- Bellabaci Hello Body Mechanic Professional Wellness Oil, 17 fl. oz. (N3643)
- Bellabaci Circuflow Professional Wellness Oil, 17 fl. oz. (N3646)
- Bellabaci Cellulite Be Gone Professional Wellness Oil, 17 fl. oz. (N3644)
- Bellabaci Stress No More Professional Wellness Oil, 17 fl. oz. (N3648)
- Bellabaci Skin Get A Life Professional Wellness Oil, 17 fl. oz. (N3645)
- Bellabaci Bye Bye Belly Blues Professional Wellness Oil, 17 fl. oz. (N3647)
- MenoFree Calm Body Professional Wellness Oil, 17 fl. oz. (BELL19)
- SOS Sport Repair Wellness Oil, 17 fl. oz. (BELL33)



## Homecare:

Bellabaci Cups for home use

- Body cups (1 soft & 1 hard body cup) (N3580)
- Super cups (2 medium super cups) (N3583)
- Facial Cups (1 soft & 1 hard face cup) (N3581)
- Bambino cups (1 soft & 1 hard bambino cup) (N3582)



Bellabaci

- Bellabaci Exfoliating Copper Mitt. (N3657)





# What you'll need:

## Homecare Continues:

### Bellabaci Pure Essential Complex

- Bellabaci Deep Relax Pure Essential Complex, 15ml. (N3638)
- Bellabaci Renew Pure Essential Complex, 15ml. (N3641)
- Bellabaci Muscle Support Pure Essential Complex, 15ml. (N3639)
- Bellabaci Detox Pure Essential Complex 15ml (N3637)
- Bellabaci Revive Pure Essential Complex, 15ml (N3640)



### How to use:

- Add 2 drops to supercharge your moisturizer.
- Add 2-5 drops to your bath.
- Use as a pulse point wellness method by applying 1 drop to each wrist.
- Use as a natural perfume (preferably where it won't be exposed to the sun).

### Bellabaci Genie's Retail

- Bellabaci Hello Body Mechanic Genie, 4 fl. oz. (N3631)
- Bellabaci Cellulite Be Gone Genie, 4 fl. oz. (N3632)
- Bellabaci Skin Get a Life Genie, 4 fl. oz. (N3633)
- Bellabaci Circuflow Genie, 4 fl. oz. (N3634)
- Bellabaci Stress No More Genie, 4 fl. oz. (N3636)
- SOS Sport Repair Genie
- Breath Ease, 4 fl. oz. (BELL23)



### How to use:

Use daily on areas of concern on its own or combine with the Bellabaci Cups. The amount will vary on the area, however always start with 1 pump.



### Bellabaci Cremes

- Bellabaci Stress No More Creme, 8,45 fl. oz. (BELL43)
- Bellabaci Skin Get a Life Creme, 8,45 fl. oz. (BELL47)
- Bellabaci Circuflow Creme, 8,45 fl. oz. (BELL45)
- Bellabaci Cellulite Be Gone Creme, 8,45 fl. oz. (BELL46)
- Bellabaci Bye Bye Belly Blues Creme, 8,45 fl. oz. (BELL44)



### How to use:

Apply to your face and body, morning and night, or as necessary or indicated.



### Bellabaci Retail Facial and Body Box Kits

#### Facial Kit Includes:

- Selected Genie
- 1x Soft Bambino Cup
- 1x Soft Facial Cup
- 1x Facial Deep Cleanse Mitt

#### Body Kit Includes:

- Selected Genie
- 1x Soft Body Cup
- 1x Hard Body Cup
- 1x Copper Mitt





# Homecare Advice

- No exercise for at least an hour post-massage
- No long hot showers and baths directly following cupping massage
- Drink lots of water
- No extreme cold as a stiffness sensation can occur
- No saunas, steam rooms directly following cupping massage
- Keep your body warm. If the client enters the spa wearing a jacket, he/she should wear it when leaving the spa as well.
- Stretch at home
- Use Bellabaci Chosen Genie in combination with Bellabaci Cups or The Bellabaci Ritual Kits as recommended by the therapist

## Precautions and Care

- Use caution when providing service to older clients with thin, fragile skin.
- Use caution when providing service to older clients with low blood pressure.
- Never work over major veins, arteries, or lymph nodes.
- Use Level 1 (light) pressure over the kidneys.
- Bellabaci cups use negative pressure ranging from soft (3 cm), medium (5 cm), and hard (7 cm). They can be used for static pressure and as a gliding tool. Extended parking with the cups will cause some skin discoloration. Explain what the Cup Kiss is.
- Remind your client to provide feedback on comfort and pressure during the massage and check in during the session to make sure that you're meeting their needs.
- During the consultation, receive permission from the client to do abdominal work if needed.
- Ensure proper, professional draping at all times.
- No aggressive exfoliation that can scratch or irritate the skin prior to the service.
- No exercise just before the service.
- No sauna or steam room for 10 minutes prior to the service

## Contraindications

- Energy-depleted clients (fasting, anemia)
- High blood pressure (untreated or uncontrolled).
- Pregnancy
- Varicose veins
- Diabetics (untreated or uncontrolled)
- Clients on blood thinner medication (anti-coagulants) or anti-biotics
- Bulging or herniated organs slipped discs
- Cancer (minimum remission of 5 years)Sunburn
- Open cuts and abrasions
- Blood Clots/thrombosis
- Phlebitis
- Cirrhosis of the liver or history
- Heart disease or history
- History of renal failure
- Note: Avoid massage if the client has taken aspirin in the last few hours as it thins the blood and cup kiss will present darker than usual.



# 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

## INHALATION & PRESSURE POINT

Apply 2 drops of the chosen Bellabaci Professional Pure Essential Complex on the hands. Place hands under the client's face in the face cradle. Encourage the client to take in slow deep breaths. Then apply on the back using intentional hand placements/pressures along the spinal column pressure on the exhale of the client.



3

## OIL APPLICATION

Apply 4 pumps of Bellabaci professional oil into your hands to start the treatment on the back followed by the back of the legs (2 pumps per leg). The amount will vary depending on the size of the area treated. Apply oil to the area liberally.



4

## PERFORM CUPPING MASSAGE

Proceed with your massage starting on the back using effleurage to start and end the treatment. Complete the Cup Drainage, Fish Bite, Vibrations, and Circle movements in each area. Turn the client over and complete front of the body ending the treatment with effleurage.



5

## COMPLETING THE TREATMENT

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 chosen genie Kit for your client as a retail option and provide homecare advice.

# 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 selected Bellabaci professional Wellness Massage Oil or Balm 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

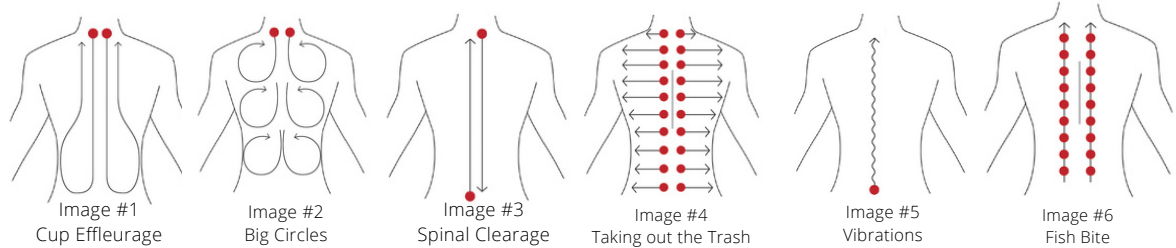
Vibrations:

- 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



## 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:

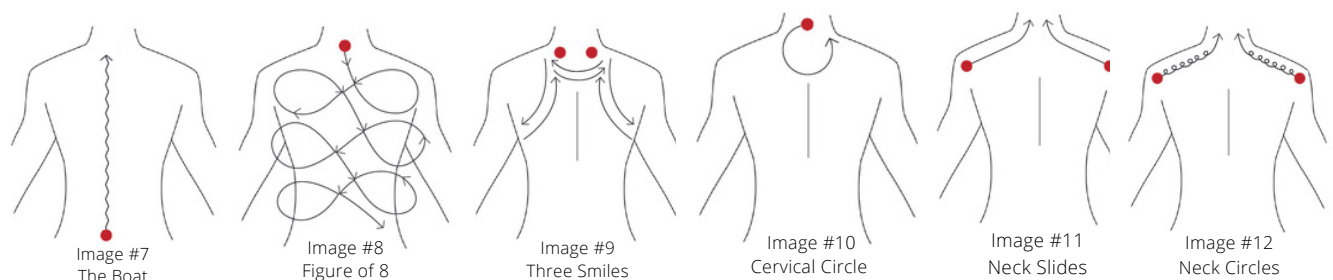
- Perform circles, moving from the left deltoid to the occipital using the Soft or Hard Body Cup with Level (medium) or Level 3 (deep) suction. Repeat x3.
- Repeat on the right side.

### 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.

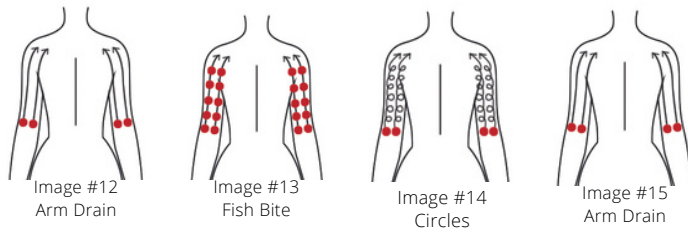
Perform a full effleurage to complete the treatment.



# Massage Sequence

## 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

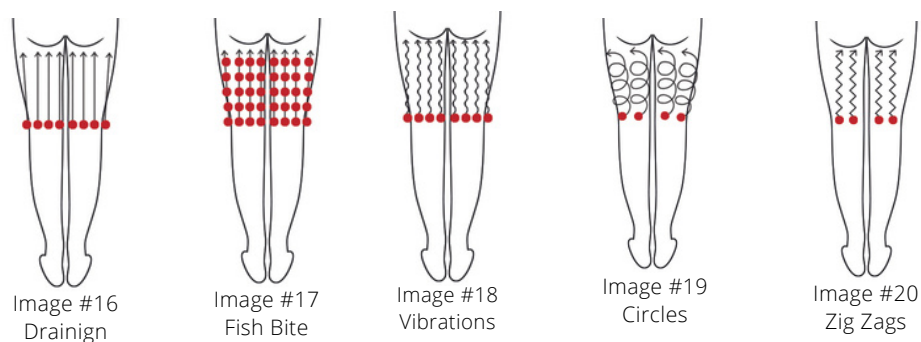


## 4. Legs

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.





# Massage Sequence

## 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 .

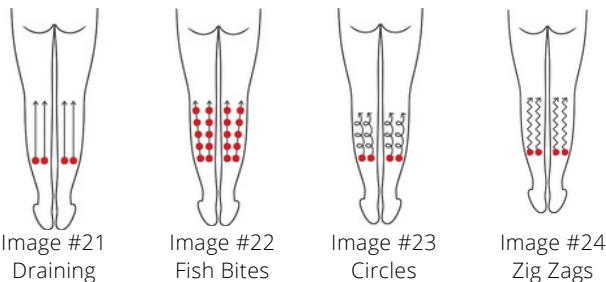
- Zig Zags

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.



- 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

# Massage Sequence

## 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

Repeat on the right front leg as indicated below

## 10. Right Foot:

## 11. Upper Front Right Leg:

## 12. Lower Front Right Leg:

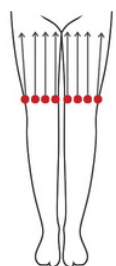


Image #26  
Draining

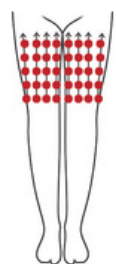


Image #27  
Fish Bites

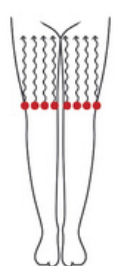


Image #28  
Vibrations

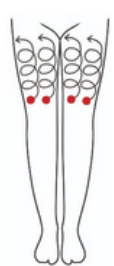


Image #29  
Circles

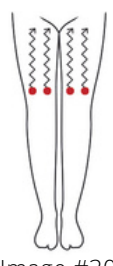


Image #30  
Zig Zags

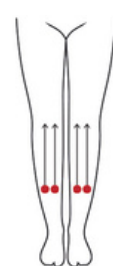


Image #31  
Draining

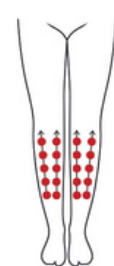


Image #32  
Fish Bites

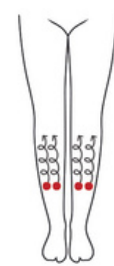


Image #33  
Circles

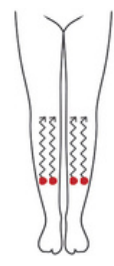


Image #34  
Zig Zags

# Massage Sequence

## 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

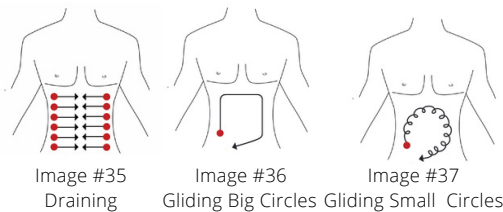
- Gliding Big Circles

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.



## 14. Decollate

- Apply 1-2 pumps of the chosen Bellabaci Professional Wellness Massage Oil or Balm with an effleurage using hands only onto the decollete, shoulders, and neck. Repeat x3.
- Petrissage kneading on shoulders using hands only. Repeat x3.
- Perform knuckle petrissage movements using the knuckles of the hands along the décolleté and include the tops of the arms. Repeat x 3
- Perform draining with a Bellabaci Soft Body Cup utilizing Level 2 (medium) suction from shoulder to back of the neck including the upper arm. Repeat X4
- Effleurage Using hands only, apply long effleurage strokes along the décolleté and end at the back of the neck. Repeat x3.

## 15. Face

- Apply 2 drops of chosen Pure Essential Complex to your hands and hold it above the client's face, ask them to inhale 3 times. Then press onto the face and decollete by gently using pressure point therapy to apply it to the temples, underneath the eyes, and lymph nodes under the jawline.
- Apply 1-2 pumps of the chosen Bellabaci Wellness Oil or Balm into your hands to start the treatment on the face and decollete. Apply oil to the area liberally and perform a cupping massage.
- Start on the Left side of the face

# Massage Sequence

- Drain the third eye with a soft facial cup starting at the brow line and working upward towards the hairline x3. See image#1
- Drain with a soft Facial Cup, starting at the forehead from the mid-line outwards following the lymphatic pathways x3. See image#1
- Drain with a soft Facial Cup, starting underneath the corner of the eye from the mid-line outwards following the lymphatic pathways x3. See image#1
- Drain with a soft Facial Cup, starting at the side of the mouth from the mid-line outwards following the lymphatic pathways x3. See image#1
- Drain with a soft Facial Cup, starting on the chin from the mid-line outwards following the lymphatic pathways x3. See image#1
- Perform the Fish Bite with a soft Facial Cup, starting at the forehead from the midline outwards following the lymphatic pathways down the neck x3. Use very weak suction pressure on the neck. See image #2
- Perform Small Circles with a soft Facial Cup, starting at the forehead from the mid-line outwards following the lymphatic pathways down to the neck x3. See Image #3
- Perform Large Circles with a soft Facial Cup on the forehead above the eyebrow x3. See image #4
- Perform a Large Circle with a soft Facial Cup, glide in a triangle direction starting at the corner of the eye outwards to the temple and then moving towards the zygomatic/cheekbone and back to the corner of the eye x3
- Perform Large Circles with a soft Facial Cup on the Temporomandibular Joint x3
- Perform stroking with a soft Bambino Cup up and down strokes on the nasolabial fold x3
- Perform Large Circles with a soft Facial Cup on the Jawline x3
- Repeat the Draining sequence on the left side of the face. See image #5
- Repeat the full sequence on the right side of the face.



Image #1  
Drainage



Image #2  
Fish Bites



Image #3  
Small Circles



Image #4  
Large Circles



Image #5  
Drainage

- 16. Scalp Massage

Perform a hands-on scalp massage

Take Note: You can incorporate placement cupping on targeted areas if needed. You will start with placement cupping and follow with movement cupping. Please ensure your client is aware if placement cupping is performed that a cup kiss can be visible for 3-7 days after treatment and thereafter will dissipate.