

Sinus and Congestion Relief



Treatment time:

15 min.



Suggested price:

\$50



Cost per treatment

\$0,42

Provide a result-driven treatment experience for your clients, whether it is to minimize sinus and congestion. There is never enough time in a treatment to focus on all the concerns your client might be struggling with. By adding the facial cups, your client will feel instantly relaxed while you are addressing her sinus and congestion concerns, as well as many other skin concerns, and increasing product penetration product, ensuring that you get the most from your products. This treatment was created to offer support for improving blood and lymph circulation, and relieving sinus and congestion. The products you will use are specifically chosen for the therapeutically infused beneficial essential oils 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 innovative silicon cups, as well as placement cups for optimal results in relieving sinus and congestion, improving circulation, and minimizing fine lines and wrinkles. This treatment is excellent for reducing sinus casing pressure, whilst removing toxins and other waste products to relieve fluid retention and puffy eyes.



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 Revive Complex and Circuflow Massage Oil is the Professionals choice for increasing blood and lymph circulation and removing toxins in the area whilst draining the sinuses.

The Muscle Support Complex and Hello Body Mechanic Massage Balm is the Professionals choice for reducing pain and decongesting.

Bellabaci Facial, Bambino, and body 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 in the area and stimulating the natural collagen regeneration.

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 Oils 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 1 drop of the Muscle Support 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 TREATMENT STEPS

Apply 3 pumps of The Hello Body Mechanic Professional Wellness Massage oil to the neck and upper shoulders.

Perform placement Cupping using 2 Soft Body cups. Place the cups at the base of the neck. 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.

- 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. Refer to the training manual about the cup kiss.
- Proceed to massage the neck with the soft or hard cups depending on the required pressure requested by the client. Drain from the top of the shoulders into the neck properly to ensure release and relief.
- Let the client slowly turn over. Cleanse the skin should it be necessary using the Deep Cleanse Pro Mitt, taking care to wipe off the eye makeup. Remember, no cleanser is to be used on the mitt. Follow by cleansing the client's skin with your cleanser of choice to give the client the spa facial experience if she so requires.
- Apply 1 drop of Revive concentrate to your hands and hold your hands above the client's face and allow the client to inhale 3 times then gently use pressure point therapy to apply it to the temples, sinuses, and lymph nodes under the jawline.
- Follow by applying the Circuflow Genie to the face. Perform the Facial Cupping Massage and focus on massaging the forehead and underneath the eyes, draining from the midline outwards. Use the Soft Facial and Soft Bambino for the treatment.
- Finish the treatment by using hand massage, ending at the pressure point in the occipital hollow.
- End off by wiping the excess oil off with the Deep Cleanse Pro Mitt should or massage it into the skin depending on what is requested by the client.



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 chosen genie Circuflow for Hello Body Mechanic Kit for your client as a retail option and provide homecare advice.

Massage Sequence

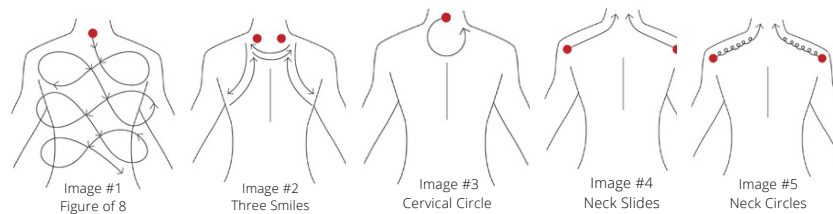
1. Back massage Sequence

- Apply 3 pumps of the Hello Body Mechanic Professional Wellness Massage oil liberally.
- Perform full-back effleurage using hands only, repeat X3.
- Stand on top of the bed. Knead with your hands on the upper back and neck.
- Figure 8: Stand at the top of the bed. Use a Soft or Super cup on medium to deep pressure, and perform an infinity sign/figure of 8 over the upper back. The starting point is the midpoint (spine) to begin the 8. This is a continuous movement with hands holding the cup in between your hands in the triangle position, gliding back to starting point over the spine and into the occipital hollow. See image 1.
- Three smiles: Use a Soft, Super, or Hard cup, "draw" a half-circle around the Left scapula, then around the neck, and flow into gliding around the Right scapula. Repeat x3. See image 2.
- Cervical Circle: Use a Soft, Super, or Body Cup, and perform a circle over the cervical vertebrae. Repeat x6-8. See image 3.

2. Neck

- Neck Slides: Drain from deltoid to occipital on the right side using a Soft or Hard cup on medium suction, ending off in the occipital hollow. Repeat X4. Repeat on the left side. See image 4.
- Neck circles: Perform circles, moving from the Left deltoid to the occiput using the Soft or Hard Cup. Repeat x3. Repeat on the right side. See image 5.
- Knuckling with hands in the neck for 1 minute.

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



3. Face

- Apply 2 drops of the Revive Pure Essential Complex Oil to the palm of your hand and allow the client to inhale 3 times and apply to the face by gently using pressure point therapy.
- Apply Circuflow Professional Wellness Massage Oil or Balm with a hands-on effleurage x 3.
- 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.
- Perform the Fish Bite with a soft Facial Cup, starting at the forehead from the midline outwards following the lymphatic pathways on the forehead and underneath the eyes x3. See image 2.
- Perform Small Circles with a soft Facial Cup, starting at the forehead from the mid-line outwards following the lymphatic pathways on the forehead and underneath the eyes 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 See image 5.
- Repeat the Draining sequence.
- Repeat on the other side of the face.

