

Insomnia Treatment



Treatment time:

15 min.



Suggested price:

\$50



Cost per treatment

\$26

Stand out from the crowd by providing a unique treatment to assist your client to drift off and have a great night's rest. This powerful formula will penetrate deeply into the skin during a back, neck, and shoulder cupping massage as well as make use of placement cups to provide you with the ultimate sleep. Bellabaci Stress No More is the Professional Balms or Oil to enhance physical ability and mental clarity and reduce insomnia.

The treatment relaxes the body, mind, and soul allowing you to completely switch off and rest, feeling refreshed after your treatment. Therapeutically infused with beneficial essential oils like Ylang Ylang, Lime, Jasmine, and Geranium that will ease insomnia, anxiety, and tension, and homeopathic remedies that offer support. This is a fantastic low-cost, extremely effective treatment.



SAMPLE MENU DESCRIPTION:

This Massage is designed to address insomnia, anxiety and muscle tension with a combination of cupping and hands-on massage, performed with the Stress No More and Deep Relax formulas to bring comfort.

This treatment includes placement cupping for the ultimate results and relaxation whilst you drift of in complete bliss.



What you'll need:

The Deep Relax Complex and Stress No More Massage Balm or Oil is the professional's choice for reducing tension and relieving insomnia

Bellabaci Body Cups 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 tension and allowing for complete relaxation.

This treatment offers little to no overhead cost, no expensive machines needed, the balms 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

ATMOSPHERE

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



2

PREPARE

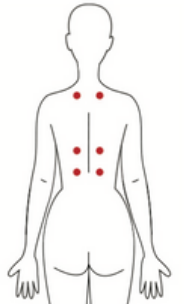
While your guest is changing, ensure your Stress No More oil or Balm and Bellabaci Body and Super Cups are ready for use.. Assist your guest to the treatment room and onto the table, lying face down.



3

TREATMENT STEPS

- Let the client lie on his/her stomach
- Apply 2 drops of Deep Relax Concentrate onto your hands and hold under your face ask the client to inhale 3 times then apply to the scalp, neck, and along the spine using hand pressure. Apply the Stress No More Oil or Balm to the neck and back using effleurage movements.
- Perform placement Cupping to the back for 5 minutes using Soft Body cups at a soft to medium pressure according to the diagram.



4

PERFORM CUPPING MASSAGE

- 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.
- Remove the cups and massage the back using the Super Cup with a light to medium suction.
- Figure 8: Stand at the top of the bed. Divide the full-back into 3 sections, upper, mid, and lower. Use a Soft or Super cup on medium to deep pressure, and perform an infinity sign/figure of 8 over the 3 sections. 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.

- Spinal clearance: Use Soft Body Cup or medium Super Cup, drain the spine very slowly on light to medium suction, gliding from the cervical vertebrae ending at the sciatic region or as low as permitted, and then glide straight back up to starting point. Ensure that you have full contact on the back as you glide the cup X4-6.
- Taking out the trash: Use 1 Soft Body Cup or 1 Super Cup, utilizing medium suction, drain the lymph from the midline outwards, 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.
- End off with some hand movements and finally effleurage and 1 minute of scalp massage
- Use a warm compress to remove excess oil should it be required



5

ENDING TREATMENT

End the treatment with a hand effleurage. Place a robe and slippers by the side of the table so the client can slip into them as they exit. Offer the Stress No More Body Kit for your client as a retail option and provide homecare advice.