

# Bellabaci Sports Massage



**Treatment  
time:  
60 min.**



**Price  
Classification**

**Advanced Massage  
Treatment**



**Cost per  
treatment**

**\$2.16**

Offer intensive repair with a unique deep tissue Bellabaci Sports massage experience which is effective and result-yielding. The natural remedies, combined with cupping massage, penetrate deeply during a deep tissue Sports Massage to instantly comfort and soothe aches and pains, stiffness, and inflammation.

The Bellabaci Sport lotions enhance physical ability and mental clarity. The pre and post-workout ritual can help to eliminate stagnation, intensify metabolism, improve skin elasticity and improve muscle functioning so you can work out or enjoy playing your favorite sport harder, faster, and for longer.

The Bellabaci Sport range is infused with beneficial essential oils like Comfrey, Wintergreen, Marjoram, and Rosemary that will improve soothe and reduce sore muscles in the body, and homeopathic remedies such as Arnica that offer anti-inflammatory support.



## SAMPLE MENU DESCRIPTION:

The Bellabaci Cupping technique combines positive and negative pressure massage performed with hands and the innovative silicon cups, with natural remedies for the benefit of optimizing comfort and soothing aches and pains, stiffness, and inflammation. This treatment is excellent to enhance physical abilities and mental clarity, the removal of toxins and other waste products soothing muscles or any aches and pains.

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



# What you'll need:

The SOS Repair Natural Sports Massage Oil is the Professionals choice to comfort and soothe aches and pains, stiffness, and inflammation in the muscles.

The natural pain relief properties of Comfrey, Wintergreen, Marjoram, and RosemaryBay Leaf, will address the breaking down of toxin build-up and reducing inflammation.

Bellabaci Body 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 toxins and fluid in the area.

This treatment offers little to no overhead, 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 benefits from tangible results.

## Professional Products needed:



## Homecare:





# 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 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 Sport Retail range in combination with Bellabaci Cups as recommended by the therapist



# Contraindications

- Energy depleted clients (fasting, anemia) High blood pressure (uncontrolled). Pregnancy
- Varicose veins
- Diabetics
- Clients on blood thinner medication (anti-coagulants) or anti-biotics
- Bulging or herniated organs slipped discs
- Cancer
- Sunburn
- Open cuts and abrasions
- Blood Clots / Thrombosis
- Phlebitis
- 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

## ATMOSPHERE

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



2

## PREPARE

While your guest is changing, ensure your SOS Sports Massage oil and Bellabaci Body and Super Cups are 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

## STRETCHING

Ensure client is comfortable and perform stretching techniques



4

## OIL APPLICATION

Apply 4 pumps of 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.



5

## 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 on each area. Turn client over and complete front of the body ending the treatment with effleurage.



6

## ENDING TREATMENT

End the massage by closing the area that you worked on with your sheet. Place robe and slippers by the side of the table so the client can slip into them as they exit. Offer the Workout ritual Kit for your client as a retail option and provide homecare advice.





# Stretching Sequence

Stretching Movements- hold each stretch for 10 seconds

The client lies facing up.

- Leg Stretching

Calf Stretch: Place the palm of your hand under the client's right heel, and let the foot rest against your arm. Left-hand rest on client's knee. Lean towards the client with your arm. Shin Stretch: Place hands on both feet and press the toes inwards towards the bed.

Raise the right leg straight up and ask the client to flex their foot and hold, from here bend the knee and move the leg into the client's chest whilst supporting with your right hand on her foot and hold. Support her knee whilst moving her leg across to the left side and hold. Repeat x3 Repeat on the left leg.

- Arm stretch

Standing on the client's left use your right hand placed horizontally behind the client's left scapula to pull the scapula outwards whilst your left-hand pull the client's wrist towards the leg and repeats on the right side.

- Shoulder and Neck Stretch

Stand at the top of the bed.

Press down on both shoulders simultaneously opening up the chest.

Rest the client's head in your hands, rotate the client's head gently at a 90degrees angle, and hold.

Rest the client's head in your hands, gently pull it towards you and hold.

- Back Stretch

Turn client over

Perform a backstretch by placing the left hand on the left shoulder and right hand on the right lower back, slowly stretch by pulling away from each other, swap hands and repeat. Place hands on each side of the shoulder and press towards feet for 3 sec and release.





# Massage Sequence

## 1. Back massage Sequence

- Apply SOS Repair Professional Massage oil liberally.
- Perform full-back effleurage using hands only, repeat X3.
- 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.
- Cup Effluarage: Use a soft cup on a light suction level, glide from upper to lower back, directly on the Left erector spinae muscle, and glide back to starting point X3. When reaching the lower back, "draw" a circle over the Glutes to "make a U-turn". Repeat on the right side.
- Big Circles: Divide the left side of the back into 3 regions, upper, mid-and lower back. On the left side and with one cup, 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.
- 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.
- 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. 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.
- The Boat: Use the Soft, Super, or Hard Cup, 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. 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.
- 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 x3-6.  
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 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.  
Neck circles: Perform circles, moving from the Left deltoid to the occiput using the Soft or Hard Cup. Repeatx3. Repeat on the right side.
- Knuckling with hands in the neck for 2 minutes.

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



# Massage Sequence

## 3. Arms

- Apply oil 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.
- Perform The Fish Bite from elbow to upper arm using the Soft Cup with light suction. X3. Repeat on the Left arm.
- 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.
- Drain from elbow to shoulder again.

## 4. Legs

Apply oil over the left leg using the effleurage movement with Effleurage X3.

## 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 SuperCup on light suction. Maintain full hand contact. Repeat x 3.
- Perform Fish bites using the Soft or Supercup from the knee to the top of the thigh. Repeat x 3. Perform Vibration using a Soft or Supercup, Repeat x 3.
- Perform Circles using the Soft or Super Cup using the triangle technique. This is a great kneading movement but does maintain full hand contact at all times for the benefit of combining positive and negative pressure simultaneously. Repeat x3.
- Perform Zig zags by gliding the Soft or Super Cup from side to side, working your way up. Repeat x 3.
- Drain with cups x3.
- Perform Effleurage on the upper thigh with hands 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

- Drain with cups towards the popliteal lymph node Fish bites
- Circles
- Zigzags
- Effleurage whole leg with hands X3
- Note: Assist your client to turn over (supine)

## 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.

## 8. Upper Front Left Leg:

## 9. Lower front Left Leg:

## 10. Right Foot:

## 11. Upper Front Right Leg:

## 12. Lower front right Leg:



# Massage Sequence

## 13. Stomach: (optional)

- Apply the pro-oil using the abdominal effleurage technique using hands only
- Effleurage the stomach using hands X3
- Kneading on each side of the stomach X3
- Drain the ribcage, working from the midline inwards on both sides on light to medium suction X3
- Glide cup along colon performing one big circle X5
- Glide cup using small circles along colon x 5
- Effleurage using hands X3

## 14. Scalp Massage Hand massage only

Take Note: You can incorporate placement cupping on targeted areas if needed by following the diagrams below. 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 there after will dissipate .



Backpain



Knee Pain



Hamstrings



Quadriceps



Achilles Tendonitis