

Sea Magik Signature Rituals & Sequences

Chapter 1 - Signature Rituals

Welcome Ritual Sequence
Yoga Massage Bolstering
Opening Ritual Sequences
Closing Ritual Sequences

Chapter 2 - Facial, Scalp & Hair Sequences

Pro Neck & Shoulder Massage
Sea Magik 3 Phase Facial Massage
Pro Lifting Eye Massage Sequence
Pro Gua Sha Eye Massage Sequence
Pro Scalp Massage Sequence
Pro Hand & Arm Massage
Hot Compress Application Face
Hot Compress Application Scalp

Chapter 3 - Body & Massage Sequences

Hawaiian Wave Sweeping Effleurage
Yogassage Body Massage
Pro Neck & Shoulder Massage
Pro Hand & Arm Massage
Pro Foot Massage
Salt Rock Yogassage Massage
Salt Rock Pro Neck & Shoulder Massage
Salt Rock Pro Hand & Arm Massage
Salt Rock Pro Foot Massage
Pregnancy Adaptations - Yogassage Massage

Please note, our Sea Magik Signature Rituals & Sequences are used over multiple treatments.

Please refer to individual Treatment Protocols for information on which Rituals & Sequences are performed in each treatment.

Most Signature Rituals & Sequences have videos to support visual learning, please refer to the Trade Portal, Education section on seamagik.com.

For additional support or clarity when using our Sea Magik Digital Education, please email tradesupport@seamagik.com and someone from our Education Team will be able to help.

Feel good. Every day.



100% VEGAN



CRUELTY FREE



HEALTH FIRST
SKINCARE



SPA SELF CARE



SUSTAINABLE
PACKAGING



BRITISH MADE

Sea Magik Signature Rituals & Sequences

Chapter 1 - Signature Rituals

Contents:

- Welcome Ritual Sequence
- Yoga Massage Bolstering
- Opening Ritual Sequences
- Closing Ritual Sequences

Welcome Ritual Sequence

No.	Treatment Steps	Reps
1	Prep large bowl of hot water with 1 cup of selected Sea Magik Salts	
2	Spritz room with Mineral Mist	
3	Welcome client into room	
4	Perform Client Consultation	
5	Perform Fragrance Selection based on mood - Using the balms & body lotion, place a small amount on the back of the clients hand & ask her to select the fragrance that best suits her mood on that day. Heavenly Body Lotion is best selected for any skin ailments, Magnesium & Argan Oil Everything Balm is soothing for the mind & Pink Salt Everything Balm is uplifting for the mind.	
6	Add 2 pumps of chosen fragrance wash into a bowel of warm water.	
7	Soak 2 compresses in the fragranced water & leave one compress to warm in a hot towel cabby	
8	Inform client to lay facing up or down depending on their chosen treatment	
9	Leave the room to allow client to change	
10	Re-enter & check client is laying correctly and comfortably - adjust head of bed if required	
11	*Place Yoga Massage Bolsters according to client positioning + treatment option (see Yoga Massage Bolsters section)	

Yoga Massage Bolsters - Face Up

No.	Treatment Steps	Reps
1	Use preferred Yoga Massage bolsters - alternatively use rolled body towels to allow for adjustment in height of the bolster	
2	At the clients shoulder lift the base towel on the massage couch to raise clients arm and place the bolster in length ways under the arm from shoulder to wrist	
3	Repeat on the other arm	
4	Slide forearm under knees to encourage client to raise knees then place a bolster in horizontally under the knees	
5	Check the client is as comfortable as they can be	
6	Use the 'Guide To Bolstering' information sheet for more information on bolstering other areas of the body & pregnant clients	
7	Soak 2 compresses in the fragranced water & leave one compress to warm in a hot towel cabby	
8	Inform client to lay facing up or down depending on their chosen treatment	
9	Leave the room to allow client to change	
10	Re-enter & check client is laying correctly and comfortably - adjust head of bed if required	
11	*Place Yoga Massage Bolsters according to client positioning + treatment option (see Yoga Massage Bolsters section)	

Yoga Massage Bolsters - Face Down

No.	Treatment Steps	Reps
1	Use preferred Yoga Massage bolsters - alternatively use rolled body towels to allow for adjustment in height of the bolster	
2	At the clients shoulder lift the base towel on the massage couch to raise clients arm and place the bolster in length ways under the arm from shoulder to wrist	
3	Repeat on the other arm	
4	At the clients feet gather base towel and use it to raise clients legs up placing the long bolster in under the clients ankles - gently lay clients legs over the bolster	
5	Check the client is as comfortable as they can be	
6	Use the 'Guide To Bolstering' information sheet for more information on bolstering other areas of the body & pregnant clients	
7	Soak 2 compresses in the fragranced water & leave one compress to warm in a hot towel cabby	
8	Inform client to lay facing up or down depending on their chosen treatment	
9	Leave the room to allow client to change	
10	Re-enter & check client is laying correctly and comfortably - adjust head of bed if required	
11	*Place Yoga Massage Bolsters according to client positioning + treatment option (see Yoga Massage Bolsters section)	

Opening Ritual Sequence - Face Up - 4 Minute Sequence

No.	Treatment Steps	Reps
1	Hand client a fragranced hot compress to cleanse hands with and to hold over face for inhalations	
2	Place warmed square salt bolster under neck & shoulders	
3	Place hands on shoulders, push down towards feet and hold for 5 seconds	
4	Place sacral bolster on lower abdomen over towels - place on out breath - press down gently for 5 seconds - remove hands slowly on out breath	
5	Sweep hands down one arm from shoulder gently pulling downwards - hold for 5 seconds + hand hold	
6	Repeat on opposite arm	
7	Cleanse feet with hot mitts	
8	Align legs - place hip-width apart	
9	Sweep under knees & pick up legs from calves	
10	Rock legs side to side - therapist use body to sway	
11	Place legs down and stretch from back of heels - hold for 5 seconds	
12	Sweep hands down backs of legs and off at toes - cover feet	
13	Encourage client to close eyes + instruct focus on breathing	
14	Therapist to take abdominal breaths with client	
15	Breathe with movement - turn head to one side on out breathe one side then other	
16	Take a small amount of balm in one hand hold over nose and mouth for 3 breaths	
17	Breathe with movement - sweep hands either side of chest down from neck, sweep over and repeat on opposite side	
18	Sweep hands under head & gently pull at the occipital bone to stretch head & neck, hold for 5 seconds	
19	Hold on crown	
20	Finish	

Opening Ritual Sequence - Face Down - 4 Minute Sequence

No.	Treatment Steps	Reps
1	Check client is comfortable	
2	Hold a fragranced hot compress under the face hole (leaving space) and ask client to breathe deeply	
3	Place warmed square salt bolster over neck and across shoulders - place on out breath - press down gently for 5 seconds - remove hands	
5	Place hands on shoulders, push down towards feet and hold for 5 seconds	
6	Place sacral bolster on lower abdomen over towels - place on out breath - press down gently for 5 seconds - remove hands slowly on out breath	
7	Uncover arm + cleanse one hand with a hot mitt	
8	Sweep hands down one arm from shoulder gently pulling downwards - hold for 5 seconds	
9	Hand hold + cover arm	
10	Repeat on opposite arm	
11	Cleanse feet with hot mitts	
12	Align legs - pick up from under knees	
13	Rock legs side to side - place legs down	
14	Stretch from front of ankles - hold for 5 seconds	
15	Drain hands down feet from achilles to toes	
16	Encourage client to close eyes + instruct focus on breathing	
17	Breath with movement - place hands on shoulders and push down alternately	
18	Take a small amount of balm in one hand and hold it under the face hole for 3 breaths	
19	Sandwich shoulders between hands and sweep outward to draw tension away - repeat on opposite side	
20	Hold on crown	

Closing Ritual Face Up - 4 Minute Sequence

No.	Treatment Steps	Reps
1	Place warmed square bolster under neck and shoulders	
2	Place warmed salt eye pillow over eyes	
3	Place sacral bolster on lower abdomen over towels - place on out breath - press down gently for 5 seconds - remove hands slowly on out breath	
4	Ring Koshi chimes around bed	
5	Remove arm bolster on one side	
6	Sweep hands down arm - link fingers - push back to stretch - rotate x3 + hold hand	
7	Place arm down + repeat on opposite arm & remove arm bolsters	
8	Sweep round one foot from ankle - push back to stretch - sandwich feet between hands + gently rotate ankles x3	
9	Drain thumbs up arch of foot - off at toes + repeat on opposite foot	
10	From the feet walk hands up body alternating pressure - for front of body walk hands up legs and arms only	
11	At shoulders alternate pressures on shoulders	x6
12	Place a small amount of balm in hands and hold over nose and mouth	
13	Effleurage around shoulders + sweep hands under shoulders up to occipital - gently pull at occipital hold for 5 seconds	
14	Remove Sacrum bolster - slowly lift off on out breathe	
15	Gently & slowly remove eye pillow	
16	Tell client the treatment has finished and to take some time to reflect on the treatment for 2 minutes	
17	Leave treatment room so client can dress	
18	Return to room and talk through homecare and product recommendations	

Closing Ritual - Face Down - 4 Minute Sequence

No.	Treatment Steps	Reps
1	Place warmed square bolster over neck and shoulders + place hands on salt bolster and press down firmly hold for 5 seconds	
2	Place warmed round salt bolster on sacrum + place hands on salt bolster and press down firmly hold for 5 seconds	
5	Ring Koshi chimes around bed	
6	At the feet press thumbs down arch of foot from heel	x3
7	Press hands into soles of feet then walk hands slowly and alternately with pressure up backs of legs, over buttocks, up back to shoulders	x1
8	At head of bed place hands on shoulders and push down on shoulders alternately	x6
9	Place a small amount of balm in hands and hold under the face hole (leaving space) and ask client to breathe deeply	
10	Effleurage around shoulders + chest then place hands either side of the head and hold for 5 seconds	
11	Remove bolster on neck and shoulders slowly	
12	Remove bolster on the sacrum slowly	
13	Remove arm bolster on each side	
14	Tell client the treatment has finished and to take some time to reflect on the treatment for 2 minutes	
15	Leave treatment room so client can dress	
16	Return to room and talk through homecare and product recommendations	

Sea Magik Signature Rituals & Sequences

Chapter 2 - Facial, Scalp & Hair Sequences

Contents:

- Pro Neck & Shoulder Massage
- Sea Magik 3 Phase Facial Massage
- Pro Lifting Eye Massage Sequence
- Pro Gua Sha Eye Massage Sequence
- Pro Scalp Massage Sequence
- Pro Hand & Arm Massage
- Hot Compress Application Face
- Hot Compress Application Scalp

Pro Neck + Shoulder Massage Sequence - 5 Minute Sequence

No.	Treatment Steps	Reps
1	Cross-hand effleurage over shoulders & chest to apply oil	x3
2	Effleurage around shoulders & chest	x1
3	Flat hand wave drains across chest to shoulders - alternate hands	x6
4	Knuckles down and up arms	x1
5	Drain knuckles down front of arms and up back of arms	x3
6	Neck lifting from chest to jaw- alternate hands work back and forth across the neck	x3
7	Turn head to one side	
8	Drain thumb down from occipital and across shoulders	x3
9	Pulling at trapezius with alternate hands	x3
10	Repeat moves 7-9 on other side	
11	Pull up back of neck with alternate hands	x6
12	Hold at occipital for gentle neck stretch	x1

Sea Magik 3 Phase Facial Massage

Pro Pressure Point Facial Massage Sequence - Phase 1 - 7 Minute Sequence

No.	Treatment Steps	Reps
1	Oil application over face - press hairline, eyebrows, under eye, cheeks, jaw line	x1
2	Effleurage gently over face	x1
3	Starting at hairline press and hold 3 pressure points working out across hairline	x1
4	Press and hold 3 points across eyebrows	x1
5	Press and hold 3 points under eyes	x1
6	Press and hold 3 points across from nasal labial fold	x1
7	Press and hold 3 points from centre of top lip	x1
8	Press and hold 3 points from centre of chin	x1
9	Press and hold 3 points across jawline	x1
10	Repeat steps 3-9	x1
11	Circle and press up ears from earlobe	x2
12	Small circles under eye from temple, with fingertips hold pressure point on upper corners of eyes then drain out across eyebrows	x2
13	Alternate hands sweeping down face, under chin, across forehead with each hand	x2
14	Prayer effleurage over forehead	x1
15	Finish with pressure to temples	x1

Pro Sculpting Facial Massage Sequence - Phase 2 - 7 Minute Sequence

No.	Treatment Steps	Reps
1	Drain thumbs across the forehead starting at hairline - 3 lines	x3
2	Small 's' moves across forehead and back	
3	Alternate finger lifting through brow from temple then drain out - one side then other	x3
4	Sweep in under eyes with sides of hands and drain out firmly with thumbs	x3
5	Butterfly drain out over eyes	x3
7	Turn head to one side	
8	Using knuckle of one finger, drain from corner of eye to jaw, deeply circle then thumb drain down side of neck to collar bone	x3
9	Repeat on other side	
10	Drain down to corners of mouth from corners of nose, and circle	x3
11	Drain straight across from corners of mouth to jaw, press and release	x3
12	Perform deep circles working in towards chin, clamp jaw bone and drain back to jaw	x3
13	Strong prayer drain out across jaw, cheeks, forehead	x1
14	Finish with hold at Temples	x1

Pro Lifting Facial Massage Sequence - Phase 3 - 7 Minute Sequence

No.	Treatment Steps	Reps
1	Starting from temples, effleurage over face	x1
2	Lifting effleurage - from temple	x3
3	Flat hand smoothing, lifting from neck to jaw line to cheek - alternate hands and repeat on other side	x6
4	Knuckle and lift jawline and cheeks	x3
5	Perform fast pinching and tapping across jawline and cheeks	x3
6	Drain fingers under bottom lip and flick up at corners of mouth	x6
7	Drain across top lip, lift up under cheek bones and hold, drain to ears and hold	x3
8	Cross hand lifting effleurage from temples	x3
9	Finger walking across eyebrows - starting at third eye	x3
10	Eyebrow pinch & lift across eyebrows	x3
11	Small circles under eye, drain x3 three up bridge of nose	x3
12	Third eye alternate lifting back to hairline	x6
13	Big thumb drains up & over forehead	x3
14	Forehead smoothing with flat hands alternating	x6
15	Lifting effleurage - from temple	x3
16	Temple Hold	x1

Pro Lifting Eye Massage Sequence - 7 Minute Sequence

No.	Treatment Steps	Reps
1	Oil application - heels of hands at eyebrow - press fingertips under eye x3 then circle all fingertips around eyes	x3
2	Use fingertips to press and hold 6 pressure points around eyes - rotate on pressure points around the eyes - tapping on points around eyes	x1
3	Prayer effleurage over eyes	x3
4	Use all fingertips to drain under eyes then circle temples	x3
5	Place fingers over eyebrows then drain out and circle at temples	x3
6	Alternate finger lifting through Brow quickly from temple then drain out with thumb	x3
7	Small circles under eye from temples, lift up bridge of nose x3	x3
8	Crow's feet drains - up and out at corner of eye one side then the other	x6
9	Butterfly drain out over eyes	x3
10	Third eye cross thumb alternate lifting back to hairline	x3
11	Forehead smoothing	x6
12	Prayer effleurage over eyes with flat hands	x1
13	Temple hold	x1

Pro Gua Sha Eye Massage Sequence - 6 Minute Sequence

No.	Treatment Steps	Reps
1	Oil the Sea Magik Pro Gua Sha crystals	
2	Circle around eyes with small points	x6
3	Using curved edge drain out under eye to top of ears	x6
4	Sweep in under eye with curved edge and drain out with flat side	x3
5	Lift and pinch across brows - one side then other	x3
6	Alternate stroking through brow then drain across - one side then other	x3
7	Figure of eight over eyes alternate hands - using the point of the crystals	x3
8	Alternate lifting over third eye using the point of the crystal	x3
9	Use Sea Magik Pro Gua Sha crystals flat over eyebrows and drain out from centre	x3
10	Circle eyes clockwise, then anticlockwise	x1
11	Hold at temples	x1

Pro Scalp Massage Sequence - 20 Minute Sequence

No.	Treatment Steps	Reps
1	Oil application through hairline	x1
2	Press 5 points from hairline working back, hold each pressure for 5 seconds - x1 in facial massage	x3
3	Press and push forward on 5 points working back from hairline - x1 in facial massage	x3
4	Press and rotate 5 points working back from hairline - x1 in facial massage	x3
5	Press 3 points from hairline working back, hold each pressure for 5 seconds - x1 in facial massage	x3
6	Press & push forward on 3 points from across the hairline working back - x1 in facial massage	x3
7	Press & rotate 3 points from across the hairline working back - x1 in facial massage	x3
8	Starting at the hairline, perform thumb circles working back along meridian lines (in line with centre of eyes)	x3
9	Perform friction crosses along meridian line one side then other working back from hairline	x3
10	With fingertips, rake back through scalp starting at eyebrows	x3
11	Rake back to hairline from eyebrows then knead with fingers working back through the scalp	x3
12	Encourage head to one side	x3
13	With fingertips rotate on three pressure points along occipital towards back of ears	
14	Massage up through the ears from ear lobe	x1
15	Rake fingertips from temples to behind ear then knead fingers back through scalp	x3
16	Encourage head to opposite side & repeat moves 13-15	
17	Encourage head back to centre and circle with fingertips through hair & scalp working back through scalp and over crown of head	x3
18	Sweep hands up from shoulders rotate fingertips at occipital points x12 rotations	x1
19	Sweep hands up from shoulders to occipital and gentle pull to stretch - hold for 5 seconds	x1
20	Link fingers and use heel of hands to squeeze & rotate over crown and back of scalp	x1
21	Gentle comb through scalp with fingers then grip & pull hair	x1
22	Slow circles over temple clockwise then anticlockwise	x1
23	Hold 5 seconds sides of head with hands - hold back of head with hands - hold crown of head with hands - not in facial	x1
24	Gather hair, twist then gentle pull whilst supporting crown with other hand to finish	x1

Pro Hand & Arm Massage- 6 Minute Sequence

No.	Treatment Steps	Reps
1	Apply oil with both hands from shoulder down	x3
2	Alternate hands and sweep up to the shoulder and back down the arm to palm	x3
3	Hold clients hand and turn arm over, drain thumb from wrist to elbow - 3 lines across forearm	x3
4	Turn clients arm over and knead up forearm only	x3
5	Support wrist and thumb knead clients fingers from knuckle to fingertips	x3
6	Turn clients hand over - thumb knead into palm	x3
7	Support wrist and with thumbs press & hold three points up centre of palm from wrist	x3
8	Rotate thumbs on pressure points up palm from wrist	x3
9	Using thumbs drain alternately up palm from wrist	x3
10	Turn hand over & place arm down	
11	Alternate hands and sweep up to the shoulder and back down the arm to palm	x3
12	Hand hold	
13	Repeat on opposite arm	

Hot Compress Application Face

No.	Treatment Steps	Reps
1	Fold compress in concertina style	
2	Check temperature is correct before applying to face or neck	
3	Lay the compress folded on the décolleté - press down and hold for 3 seconds	
4	Fold the top corners around to hug the face and cover the mouth - leave nose exposed	
5	Press and hold over the cheeks	
6	Lift the bottom corners from décolleté up to fold compress over forehead - press and hold over forehead	
7	Remove the compress from one side	

Hot Compress Application Scalp

No.	Treatment Steps	Reps
1	Fold compress in concertina style	
2	Check temperature is correct before applying to head or scalp	
3	Lay the folded compress down over hairline - press and hold over hairline	
4	Lift up top and fold back over the crown of the head - covering the top of the scalp	
5	Press and hold over the whole top of scalp	
6	Lift bottom corners and fold back to the crown of the scalp - press and hold over the crown of the scalp	
7	Remove compress from one side	

Sea Magik Signature Rituals & Sequences

Chapter 3 - Body & Massage Sequences

Contents:

- Hawaiian Wave Sweeping Effleurage
- Yogassage Body Massage
- Pro Neck & Shoulder Massage
- Pro Hand & Arm Massage
- Pro Foot Massage
- Salt Rock Yogassage Massage
- Salt Rock Pro Neck & Shoulder Massage
- Salt Rock Pro Hand & Arm Massage
- Salt Rock Pro Foot Massage
- Pregnancy Adaptations - Yogassage Massage

Sea Magik Yogassage Body Massage Sequences

Hawaiian Wave Sweeping Effleurage - Face Up

No.	Treatment Steps	Reps
1	After oil application glide both hands up the front of the leg from the ankle - lay forearms down to glide up front of leg	
2	Link hands across from top of the leg and glide up the arm from clients hands to shoulder - sweep hands around shoulder and back down to clients hand	
3	Link forearms across to of leg and wave hands back down leg to foot	

Hawaiian Wave Sweeping Effleurage - Face Down

No.	Treatment Steps	Reps
1	After oil application glide both hands up sole of foot onto back of leg - lay forearms down and glide up over buttocks to back	
2	continue up one side of back over shoulder and back down arm to hand - press onto palm of hand and link forearms across to back of leg	
3	from the top of the back of leg wave hands down either side to sole of foot.	

Yogassage Back Massage

No.	Treatment Steps	Reps
1	Apply warmed oil up spine - follow with flat hand	x3
2	Waving back effleurage from head of bed	x3
3	Fluid forearms over back of neck and shoulders no pressure	
4	Lomi forearm neck stretch - support hand at back of neck and roll forearm down and up one side of neck x2 - repeat on other side	x1
5	Glide hands down back to sacrum - place one hand on top of the other figure of eight x3 - circle one hip x3 - circle other hip x3 - circle hips x2 - figure of eight x1	x1
6	Circle flat hands over ribs on one side	x3
7	Alternate finger drains through ribs on one side	x6
8	Fluid forearms over back of neck and shoulders to move to opposite side of the body	
9	Circle flat hands over ribs on other side	x3
10	Alternate finger drains through ribs on one side	x6
11	Fluid forearms at top of shoulders to move to head of bed	
12	Outside circles around scapula and across shoulders with hands	x3
13	Shoulder sequence - place one hand on top of the other figure of eight x3 - circle one shoulder x3 - circle other shoulder x3 - circle shoulder x3 - figure of eight x1	x1
14	Freestyle over scapula - optional	
15	Step to one side of bed	
16	Lomi Lomi forearm effleurage waves down one side of back from shoulder- sweep back up	x3
17	Lomi Lomi forearm effleurage down one side of back to hip circle forearm back up to shoulder	x3
18	Lomi Lomi forearm effleurage down back, sweep up & forearm circle around scapula x3	x3
19	Lomi Lomi forearm effleurage down back, sweep up and drain down arm to palm - pressure into palm	x3
20	Lomi figure of eight on upper arm - one hand on palm	x3
21	Lomi upper arm circles with forearm - outside	x3
22	Sandwich forearms and drain down arm - pressure in palm	x1
23	Alternating hand strokes up arm to shoulder	x1
24	Placement touches over shoulders - focus on breathing	
25	Repeat steps 16-23 on the other side	x3
26	Reconnect with waving effleurage	x3
27	Sacrum pushes alternating hands	x6
28	Shoulder pushes alternating hands	x6
29	Waving figure of eight over back	x3
30	Fluid forearms up & down centre of back	x1
31	Forearm stretching over base, middle then top of back	x1
32	Placement touches up spine on chakra points - hold for 5 seconds	x1

Yogassage Back Of Body & Leg Massage

No.	Treatment Steps	Reps
1	Apply warmed oil by drizzling up back of body	x1
2	Perform Hawaiian Wave sweeping effleurage from foot up back of leg, back over shoulder and back down to foot	x3
3	Lomi Lomi forearm effleurage up back of leg	x3
4	Lomi Lomi forearm half leg effleurage	x3
5	Lomi Lomi forearm leg circles - sweep up over back	x3
6	Lomi Lomi forearm drain up calf to thigh - circle outside of thigh x6 - sweep up over back	x1
7	Lomi Lomi forearm drain up calf to hip - circle outside of hip x6 - sweep up over back	x1
8	Lomi Lomi forearm Leg stretches - sweeping out and in - sweep up over back	x3
9	Lomi Lomi fluid forearms up and down leg	x1
10	Lomi Lomi forearm effleurage up back of leg	x3
11	Hawaiian Wave sweeping effleurage	x3
12	Repeat on opposite Back & Leg	

Yogassage Front Of Body & Leg Massage

No.	Treatment Steps	Reps
1	Apply warmed oil by drizzling up front of leg from foot, up arm and back down to foot	x3
2	Perform Hawaiian Wave sweeping effleurage up one side of body	x3
3	Lomi Lomi forearm leg effleurage full leg	x3
4	Lomi Lomi forearm leg effleurage half leg	x3
6	Lomi Lomi forearm drain up leg to thigh circle on front of thigh x6 - Hawaiian wave over arm	x1
7	Lomi Lomi forearm drain up leg to hip with x6 circles on outside of hip - Hawaiian wave over arm	x1
8	Lomi Lomi forearm alternate thigh drain - Hawaiian wave over arm	x3
9	Freestyle thumb kneading over knee	
10	Knuckle around knee	x3
11	Sweep hands into centre of leg - push up to forearms and drain apart	x3
12	Lomi Lomi forearm full leg effleurage	x3
13	Hawaiian Wave sweeping effleurage	x1
14	Finish with foot hold	
15	Repeat on opposite leg	

Pro Neck + Shoulder Massage Sequence- 5 Minute Sequence

No.	Treatment Steps	Reps
1	Cross-hand effleurage over shoulders & chest to apply oil	x3
2	Effleurage around shoulders & chest	x1
3	Flat hand wave drains across chest to shoulders - alternate hands	x6
4	Knuckle down and up arms	x1
5	Drain knuckles down front of arms and up back of arms	x3
6	Neck lifting from chest to jaw- alternate hands work back and forth across the neck	x3
7	Turn head to one side	
8	Drain thumb down from occipital and across shoulders	x3
9	Pulling at trapezius with alternate hands	x3
10	Repeat moves 7-9 on other side	
11	Pull up back of neck with alternate hands	x6
12	Hold at occipital for gentle neck stretch	x1

Pro Hand & Arm Massage - 6 Minute Sequence

No.	Treatment Steps	Reps
1	Apply warmed oil by drizzling up back of body	x1
2	Perform Hawaiian Wave sweeping effleurage from foot up back of leg, back over shoulder and back down to foot	x3
3	Lomi Lomi forearm effleurage up back of leg	x3
4	Lomi Lomi forearm half leg effleurage	x3
5	Lomi Lomi forearm leg circles - sweep up over back	x3
6	Lomi Lomi forearm drain up calf to thigh - circle outside of thigh x6 - sweep up over back	x1
7	Lomi Lomi forearm drain up calf to hip - circle outside of hip x6 - sweep up over back	x1
8	Lomi Lomi forearm Leg stretches - sweeping out and in - sweep up over back	x3
9	Lomi Lomi fluid forearms up and down leg	x1
10	Lomi Lomi forearm effleurage up back of leg	x3
11	Hawaiian Wave sweeping effleurage	x3
12	Repeat on opposite Back & Leg	

Pro Foot Massage Sequence - 8 Minute Sequence (4 Minute for each foot)

No.	Treatment Steps	Reps
1	Apply oil to foot with both hands	
2	Sandwich foot between heels of hands at toes and drain down towards heel and back up with pressure	x6
3	Knuckling up & down sole of foot	x 3
4	Support top of foot - rotate & press down the arch of foot on 4 points	x 3
5	Drain both thumbs up the centre of foot from heel - support top of foot with fingers	x 6
6	Use thumbs to do small alternate thumb drains between toes working down towards ankle	
7	Circle all fingers around the inside of ankle	x6
8	Circle all fingers around outside ankle	x6
9	Alternately drain thumbs up the front of the foot from ankle to toes	
10	Knuckling up & down sole of foot	x3
11	Press and hold to finish	
12	Repeat on opposite foot	

Sea Magik Salt Rock Body Massage Sequences

Salt Rock Yogassage Back Massage

No.	Treatment Steps	Reps
1	Apply warmed oil up the spine - follow with a flat hand	x1
2	Check the temperature of the Himalayan Salt Rock before use on clients skin	
3	Waving back effleurage from head of bed - with hands	x1
4	Waving back effleurage with Himalayan Salt Rock - both hands on rock glide down spine - wave up and swap rock at shoulder	x3
5	Fluid forearms over back of neck and shoulders no pressure	
6	Alternating neck stretch with Himalayan Salt Rock - supporting back of neck drain rock down and up one side x2 then repeat on opposite side of neck	x1
7	Glide hands down back - place Himalayan Salt Rock under one hand and perform figure of eight x1 - circle one hip x3 - circle other hip x3 - circles hips x1 - figure of eight x1 - place Rock down drain hands up back to occipital	x1
8	Circle flat hands over ribs on one side with Himalayan Salt Rock	x3
9	Alternate drains through ribs on one side with Himalayan Salt Rock and fingers	x6
10	Fluid forearms over back of neck and shoulders to move to opposite side	
11	Circle flat hands over ribs on one side with Himalayan Salt Rock	x3
12	Alternate drains through ribs on one side with Himalayan Salt Rock and fingers	x6
13	Fluid forearms at top of shoulders to move to head of bed	
14	Outside circles around scapula and across shoulders with Himalayan Salt Rock swapping at neck	x6
15	Shoulder sequence with Himalayan Salt Rock - place under one hand and perform figure of eight x1 - circle one shoulder x3 - circle other shoulder x3 - circles shoulders x1 - figure of eight x1	x1
16	Freestyle with Himalayan Salt Rock around scapula - optional	
17	Place rock in hot cabbie - swap	
18	Step to one side of bed - Swap Himalayan Salt Rocks	
19	Using Himalayan Salt Rock in one hand, perform effleurage waves down one side of back from shoulder- sweep back up	x3
20	Using Himalayan Salt Rock in one hand, perform effleurage circles up one side of back from hip sweep back down x3 circles	x1
21	Using Himalayan Salt Rock in one hand circle around scapula x3	x1
22	Freestyle kneading with Himalayan Salt Rock over scapula - place rock down	
23	Fluid forearms over one shoulder	
24	Using Himalayan Salt Rock drain over back and down arm to palm	x3
25	One hand on palm and using Himalayan Salt Rock perform figure of eight on upper arm	x3
26	Upper arm x3 circles with Himalayan Salt Rock - outside then inside	x1
27	Reposition arm & place rock down	
28	Alternating hand strokes up arm to head	x1
29	Swap Himalayan Salt Rocks	
30	Repeat steps 19-28 on the other side	x1
31	Reconnect with waving effleurage - with Himalayan Salt Rock	x2
32	Waving back effleurage with Himalayan Salt Rock - Both hands on rock glide down spine - wave up and swap rock at shoulder	x2
33	Shoulder pushes	x6
34	Using Himalayan Salt Rock perform figure of eight over back moving up, across and down back - slow no pressure	x3
35	Place Rock down	x3
36	Fluid Forearms up and down back	x1
37	Forearm stretching over base, middle then top of back - sweep in and out	x1
38	Placement touches up spine, across shoulders and back across finish on back of head - hold for 5 seconds	
39	Cover back	
40	Place Himalayan Salt Rock in cabbie	

Salt Rock Yogassage Back Of Body & Leg Massage - Yogassage

No.	Treatment Steps	Reps
1	Remove 1 Himalayan Salt Rock from hot cabbie and set aside	x1
2	Apply warmed oil by drizzling up back of body	
3	Perform Hawaiian wave sweeping effleurage over back of body with hands	x1
4	Check the temperature of the Himalayan Salt Rock before use on clients skin	
5	Press and hold Himalayan Salt Rock into sole of foot	
6	Perform Hawaiian Wave sweeping effleurage with Himalayan Salt Rock from foot up back of leg, back over shoulder and back down to foot	x3
7	Lomi forearm effleurage full leg - with Himalayan Salt Rock in supporting hand	x3
8	Lomi forearm half leg effleurage half leg - with Himalayan Salt Rock in supporting hand	x3
9	Leg circles with Himalayan Salt Rock - sweep up over back	x3
10	Lomi drain up calf to thigh with Himalayan Salt Rock - circle outside of thigh x6 - sweep up over back	x1
11	Lomi drain up calf & thigh to hip with Himalayan Salt Rock circle outside of hip x6 - sweep up over back	x1
12	Place Rock back in cabbie and remove second hot rock - set aside	
13	Lomi fluid forearms	x1
14	Lomi forearm Leg stretches - continue up over back	x3
15	Check the temperature of the Himalayan Salt Rock before use on clients skin	
16	Press and hold Himalayan Salt Rock into sole of foot	
17	Lomi Lomi forearm effleurage full leg - with Himalayan Salt Rock in supporting hand	x3
18	Hawaiian Wave sweeping effleurage with Himalayan Salt Rock	x1
19	Finish with pressure into sole of foot support underneath foot and drain off at toes.	
20	Place Himalayan Salt Rock back into hot cabbie	
21	Repeat on opposite Back & Leg	

Salt Rock Yogassage Front Of Body & Leg Massage

No.	Treatment Steps	Reps
1	Apply warmed oil by drizzling up front of leg from foot, up arm and back down to foot	x1
2	Perform Hawaiian wave sweeping effleurage up leg & arm with hands	x1
3	Remove 1 Himalayan Salt Rock from hot cabbie and set aside - be sure to check the temperature of the Himalayan Salt Rock before use on clients skin	
4	Introduce heat of rock into sole of foot - support top of foot with opposite hand	
5	Perform Hawaiian Wave sweeping effleurage with Himalayan Salt Rock	x3
6	Lomi Lomi forearm effleurage full leg - with Himalayan Salt Rock in supporting hand	x3
7	Lomi Lomi forearm effleurage half leg - with Himalayan Salt Rock in supporting hand	x3
8	Freestyle Himalayan Salt Rock kneading over knee	
9	Place Rock back in cabbie and remove second hot rock - set aside	
10	Lomi forearm drain with Himalayan Salt Rock up leg to thigh circle on front of thigh x6 - Hawaiian wave over arm	x1
11	Lomi drain with Himalayan Salt Rock up leg to thigh circles on outside of thigh x6 - Hawaiian wave over arm	x1
12	Lomi alternate forearm thigh drain with Himalayan Salt Rock - Hawaiian wave over arm	x3
13	Sweep hands into centre of leg - push up to forearms and drain apart - use Himalayan Salt Rock & swap rock between hands at knee	x3
14	Lomi Lomi forearm effleurage full leg - with Himalayan Salt Rock in supporting hand	x3
15	Perform Hawaiian Wave sweeping effleurage with Himalayan Salt Rock	x1
16	Finish with pressure into sole of foot - support on front of foot with other hand	
17	Place Rock back in hot cabbie	
18	Repeat on opposite Front of Leg	

Pro Neck + Shoulder Massage Sequence - 5 Minute Sequence

No.	Treatment Steps	Reps
1	Cross-hand effleurage over shoulders & chest to apply oil	x3
2	Effleurage around shoulders & chest	x1
3	Flat hand wave drains across chest to shoulders - alternate hands	x6
4	Knuckle down and up arms	x1
5	Drain knuckles down front of arms and up back of arms	x3
6	Neck lifting from chest to jaw- alternate hands work back and forth across the neck	x3
7	Turn head to one side	
8	Drain thumb down from occipital and across shoulders	x3
9	Pulling at trapezius with alternate hands	x3
10	Repeat moves 7-9 on other side	
11	Pull up back of neck with alternate hands	x6
12	Hold at occipital for gentle neck stretch	x1

Salt Rock Pro Hand & Arm Massage

No.	Treatment Steps	Reps
1	Apply oil with both hands from shoulder down	x3
2	Holding one Himalayan Salt Rock drain up from clients hand to swap Himalayan Salt Rock to other hand and drain down to palm	x3
3	Circle up arm with Himalayan Salt Rock in palm to shoulder and sweep down	x3
4	Hold clients hand and turn arm over, using the point of the Himalayan Salt Rock drain 3 lines across forearm down from wrist to elbow	x3
6	Place Himalayan Salt Rock in clients palm and knead clients fingers from knuckle to fingertips	x3
7	Turn clients hand over - knead Himalayan Salt Rock into palm	x3
8	Using the point of the Himalayan Salt Rock press & hold three points up centre of palm from wrist	x3
9	Rotate point of Himalayan Salt Rock over three points up hand from wrist	x3
10	Using point of Himalayan Salt Rock drain three lines back & forth up centre of palm	x3
11	Turn hand over & place arm down	x3
12	Holding one Himalayan Salt Rock drain up from clients hand to swap Himalayan Salt Rock to other hand at the clients shoulder and drain down under arm to palm	x3
13	Hold Himalayan Salt Rock into palm to finish	x1

Salt Rock Pro Foot Massage

No.	Treatment Steps	Reps
1	Remove 1 Himalayan Salt Rock from hot cabbie and set aside - be sure to check the temperature of the Himalayan Salt Rock before use on clients skin	
2	Apply Oil to foot	
3	Sandwich foot between heels of hands at toes and drain down towards heel and back up with pressure	x6
4	Press & hold Himalayan Salt Rock into sole of foot - support on top of foot	x1
6	Knead Himalayan Salt Rock into Sole of foot - support on top of foot	x3
7	Using the point of the Himalayan Salt Rock press rotations into 4 pressure points working down arch of foot then drain back up - support on top of foot	x3
8	Drain Himalayan Salt Rock up and down centre of foot - support on top of foot	x6
9	Hold the Himalayan Salt Rock into the sole of the foot and perform alternate thumb drains down between the metatarsals on the front of the foot	
10	Circle Himalayan Salt Rock around the inside ankle	x6
11	Circle Himalayan Salt Rock around the outside ankle	x6
12	Using Himalayan Salt Rock drain back and forth up front of foot from ankle	
13	Knead Himalayan Salt Rock in sole of foot	x3
14	Press and hold to finish	x1

Sea Magik Pregnancy Body Massage Sequence

Pregnancy Yogassage Back Massage - Work one side of back repeat on opposite side

No.	Treatment Steps	Reps
1	Waving back effleurage from head of bed - with hands	x3
2	Glide hands down back, perform figure of eight x1 - circle one hip x3 - circle other hip x3 - circles hips x1 - figure of eight x1 - drain hands up back to occipital	x1
3	Circle flat hands over ribs on one side	x3
4	Alternate finger drains through ribs on one side	x6
5	At shoulders, perform figure of eight x3 - circle one scapula x3 - circle other scapula x3 - circle both scapula x1 - figure of eight x3	x1
6	Lomi Lomi hip circles & effleurage - with hands	x3
7	Lomi Lomi shoulder circles - with hands	x3
8	Freestyle scapula thumb drains	x3
9	Reconnect with waving effleurage - with hands	x3
10	Sacrum pushes, alternating hands	x6
11	Perform figure of eight over back moving up, across and down back - slow no pressure	x3
12	Placement touches up spine, across shoulders and back across finish on back of head - hold for 5 seconds	
13	Cover back	

Pregnancy Yogassage Back Of Body & Leg Massage

No.	Treatment Steps	Reps
1	Apply warmed oil by drizzling up side of leg to hip	x1
2	Perform Hawaiian Wave with hands and forearms from foot up back of leg, back over shoulder and back down to foot	x3
3	Lomi Lomi forearm effleurage full leg up & down back of leg from opposite side of bed	x3
4	Lomi Lomi forearm effleurage half leg - from opposite side of bed support knee with forearm	x3
5	Lomi Lomi leg circles - sweep up over back (from same side of bed)	x3
6	Sweep hands up to knee - Lomi Lomi circles outside of thigh x6 - sweep up over back - repeat & circle outside of hip x6 - sweep up over back	x1
7	Lomi Lomi forearm Leg stretches	x3
8	Lomi Lomi forearm effleurage full leg - opposite side of bed	x3
9	Hawaiian Wave sweeping effleurage	x3
10	Repeat on opposite leg	