

Take that selfie, then ditch your smart phone!

LAVASHELLS® UNPLUGGED



PROTOCOL TRAINING KIT | *guide*

LAVA SHELLS, UNPLUGGED 30-MINUTE PROTOCOL

Find balance in the digital age. This is your retreat from texting, gaming, downloading and emailing. Your "digital detox" begins with soothing Lava Shells® that relax and warm the body, and finishes with cooling Glacial Shells® to awaken the senses. Unplug from technology and recharge your mind, body and soul.

SUPPLIES NEEDED

Lava Shells® (2)

Glacial Shells® (2)

BE® Exotic Massage Oil

Herbal Heat Pack or Table Warmer

(to encourage back muscles to warm and relax while client is supine)

Hand Size Towels (2)

PREPARATION

Charge Lava Shells®

Pre-Chill Glacial Shells®

1 Moist and chilled towel, for use on Lava Shells® that may have overheated

PROCEDURE - SUPINE

STEP ONE

Before client disrobes and lays on massage table, either turn on table warmer, or place herbal heat pack (draped with hand towel) on area where client's back will rest; step out of the room while client disrobes and gets prepared.

STEP TWO

At client's head, gently rotate and stretch the neck and upper trapezius.

STEP THREE

Undrape decollete (chest) and arms; standing on the side of the body, rotate one arm to a 90 degree angle of body.

STEP FOUR

Applying pressure to pectoralis major, rotate arm to vertical position; continue applying pressure, rotate the arm in large circles.

STEP FIVE

Rotate arm back to horizontal position and slide hand into pectoralis minor, applying compressions.

STEP SIX

Release pressure and slowly rotate arm over the head (180 degrees to body).

STEP SEVEN

Gently press and hold arm at the elbow, giving teres, tricep and latissimus dorsi a stretch.

STEP EIGHT

With elbow at a 90 degree angle, and arm rotated over the head, secure the hand on the edge of the table. Now, apply compression and lightly stretch, holding at the elbow to give wrist, tricep, teres and latissimus dorsi a deeper stretch.

STEP NINE

Return arm to neutral position; apply oil and begin effluerage stokes with heated Lava Shells® on the entire arm, including the neck and upper trapezius. Give extra attention to the forearm, wrist and hands.

STEP TEN

Once muscles are thoroughly warm, use a Glacial Shell® to chase the Lava Shell®, giving a contrast therapy effect. Continue the strokes in the pectoralis (chest) muscles. Also focus on forearm and hands, using the edge and hinge of the shell.

STEP ELEVEN

Transition to the other arm and repeat steps 2-10.

30-MINUTE PROTOCOL

CONTINUED

STEP TWELVE

Redrape upper body and assist client in turning Prone, removing herbal heat pack, if used.

PROCEDURE - PRONE

STEP ONE

Apply compressions and undrape the back.

STEP TWO

Standing at the side of the client, rotate one arm to 90 degree angle off the side of the table; lift arm as in "chicken wing" position. Holding securely at the wrist and elbow, press arm toward their head, in a straight line of wrist, elbow and head, stretching the pec muscles and also bicep.

STEP THREE

Rotate arm over top of massage table and gently tug arm (holding at forearm, NOT WRIST) toward the floor, stretching teres minor, teres major and latissimus dorsi; also bicep and tricep.

STEP FOUR

Return arm to neutral position, to the side of the client's body.

STEP FIVE

Transition to the other side of the client and repeat steps 2-5.

STEP SIX

Apply oil to the back, arms, neck and hands.

STEP SEVEN

Begin effleurage strokes with Lava Shells, continuing strokes down both arms/hands and into the neck muscles.

STEP EIGHT

Rotate one arm to the side of the massage table (90 degree to body); with heated Lava Shell® edge, scrape through the teres major and minor muscles, working into subscapularius.

STEP NINE

With the crown of the Lava Shell®, massage tricep muscle.

STEP TEN

Rotate the arm, with elbow bent, into “handcuff” position.

STEP ELEVEN

With the Lava Shell® edge, scrape the rhomboids and subscapularius.

STEP TWELVE

Apply pressure point with the Lava Shell® hinge on the levator scapula and through the upper trapezius.

STEP THIRTEEN

Release the arm and bring to a neutral position.

STEP FOURTEEN

Transfer to the other arm; and repeat steps 9-14.

STEP FIFTEEN

Complete the back massage, using a Lava Shell®, chasing with a Glacial Shell® for contrast therapy effect, remembering to continue the strokes down arms and hands.

STEP SIXTEEN

Redrape the back and create closure to the massage.

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