

LAVASHELLS®

MUSCLE  
BEACH

MASSAGE FOR MEN



PROTOCOL TRAINING KIT | *guide*

# MUSCLE BEACH MASSAGE 90-MINUTE PROTOCOL

You've earned this! This is the massage for the man who has pushed it to the max pumping iron. Let one of our trained massage therapists flex their own muscle while they iron out muscle stiffness and fatigue with self-heating Lava Shells® and cooling Glacial Shells®. This is the attention your body deserves after an intense workout.

## SUPPLIES NEEDED

Lava Shells® (3)

Glacial Shells® (2)

Arnica Oil Blend (nature's anti-inflammatory/pain reliever)

Herbal Heat or Moist Heat Pack (heated)

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

Begin the massage with full body compressions, checking for tight and inflamed areas.

### STEP TWO

Diaper drape one leg (preferred that client leave underwear ON).

### STEP THREE

Bend the knee, securing at the foot and knee; press leg, knee to chest and hold to a count of 15 for an adequate stretch and release; hold and repeat 3 times (for all stretching).

#### STEP FOUR

Rotate knee externally (with leg still bent) and press downward at knee to allow abductors and hip flexors to stretch and release.

#### STEP FIVE

Cross foot to outside of opposing knee, press at knee, stretching abductors, IT band, and hip flexors.

#### STEP SIX

Bring leg to neutral position, apply oil and begin effleurage strokes, using the heated Lava Shells® to warm the muscles.

#### STEP SEVEN

Continue the massage with the Lava Shells®, using a petrissage stroke through the quadriceps, IT band, abductors, and adductors.

#### STEP EIGHT

Turn the Lava Shell® on its edge, scraping the quadriceps and IT band.

#### STEP NINE

After several passes, using one Lava Shell® and one Glacial Shell®, chase the Lava Shell® with the Glacial Shell® for contrast therapy effect.

#### STEP TEN

Finish the leg with a light tapotement.

#### STEP ELEVEN

Redrape and repeat Steps 2 through 10 on the other leg.

#### STEP TWELVE

Transfer to upper body, undraping decollete (chest) and arms.

#### STEP THIRTEEN

Standing on the side of body, rotate one arm to a 90 degree angle of body.

# 90-MINUTE PROTOCOL

## CONTINUED

### STEP FOURTEEN

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

### STEP FIFTEEN

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

### STEP SIXTEEN

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

### STEP SEVENTEEN

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

### STEP EIGHTEEN

Return arm to neutral position; apply oil and begin effleurage strokes with heated Lava Shells.

### STEP NINETEEN

Once muscles are thoroughly warm, use a Glacial Shell® to chase a Lava Shell®, giving a contrast therapy effect. Continue the strokes in the pectoralis (chest) muscles.

### STEP TWENTY

Transition to the other arm and repeat Steps 13-19.

### STEP TWENTY-ONE

Redrape upper body and assist client in turning Prone.

## **PROCEDURE - PRONE**

### **STEP ONE**

Begin prone with full body compressions, checking for tight and inflamed areas.

### **STEP TWO**

Place moist or herbal heat pack on the back.

### **STEP THREE**

Undrape one leg and with the knee bent, slowly press foot to the gluteal area, stretching quads, and hold for a count of 15; repeat 3 times (for all stretching).

### **STEP FOUR**

Rotate knee to the side of the massage table and with the knee still bent, rotate lower leg in large circles. Gently press foot toward the opposing leg, stretching hip flexors and encouraging range of motion in the hips.

### **STEP FIVE**

Bring the leg to neutral position; apply oil and begin effleurage and petrissage strokes with the heated Lava Shells®.

### **STEP SIX**

Turn Lava Shell® on its edge, scraping through the hamstring and gastrocnemius muscles.

### **STEP SEVEN**

Once the muscles are thoroughly warmed, chase a Lava Shell® with a Glacial Shell® for a contrast therapy effect.

### **STEP EIGHT**

Complete the leg with the light tapotement strokes and redrape.

# 90-MINUTE PROTOCOL CONTINUED

## STEP NINE

Undrape the other leg and repeat Steps 3-8.

## STEP TEN

Transition to the back; remove heat pack and updrape the back.

## STEP ELEVEN

Apply oil and begin effleurage strokes with Lava Shells®.

## STEP TWELVE

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

## STEP THIRTEEN

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

## STEP FOURTEEN

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

## STEP FIFTEEN

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

## STEP SIXTEEN

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

## STEP SEVENTEEN

Release the arm and bring to a neutral position.

STEP EIGHTEEN

Transfer to the other arm; and repeat Steps 12-17.

STEP NINETEEN

Complete the back massage, using a heated Lava Shell®, chasing with a Glacial Shell® for contrast therapy effect.

STEP TWENTY

Lightly tapotement the entire back.

STEP TWENTY-ONE

Redrape the back and create closure to the massage.

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by Spa Revolutions

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