

LAVASHELLS®

ON THE GREENS



PROTOCOL TRAINING KIT | *guide*

LAVA SHELLS ON THE GREENS 60-MINUTE PROTOCOL®

You've swung your way through 18 holes of golf and it's time to put down the iron and let one of our skilled massage therapists rescue your hard-working back from muscle strain and fatigue. Self-heating Lava Shells will release tension in tight knots and loosen your body for the next round. You'll feel so good after this massage that tee time won't come fast enough!

SUPPLIES NEEDED

Lava Shells® (3-4)

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

Herbal Heat or Moist Heat Pack (heated)

Hand Size Towels (2)

PREPARATION

Charge Lava Shells®

1 moist and chilled towel, for use on Lava Shells® that may have over-heated

1 moist towel, rolled and placed in towel cabi

TIP - Cocoon shells in towel in order for shells to recharge each time between use.

PROCEDURE - PRONE

STEP ONE

Place moist or herbal pack on the back.

STEP TWO

Undrape one leg; apply oil and begin effleurage and petrissage strokes with the Lava Shells® to warm the leg muscles.

STEP THREE

After spending several minutes massaging the leg with the Lava Shells, bend knee and slowly 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 hips flexors and encouraging range of motion in the hips.

STEP FOUR

With the leg still in "frog" position, retrieve Lava Shells® and continue massage, focusing on hip flexors and IT Band.

STEP FIVE

Return leg to neutral position; turn Lava Shell® on its edge, scraping through the hamstring and gastrocnemius muscles.

STEP SIX

Complete the leg with effleurage and redrape.

STEP SEVEN

Undrape the other leg and repeat steps 2-6.

STEP EIGHT

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

STEP NINE

Apply oil and begin effleurage strokes with Lava Shells®.

STEP TEN

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

STEP ELEVEN

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

30-MINUTE PROTOCOL CONTINUED

STEP TWELVE

Holding arm at wrist and below, gently press arm into “chicken wing” position, lengthening the pectoralis major/minor, latissimus dorse and bicep muscles (hold for count of 10-15 seconds for all stretches.)

STEP THIRTEEN

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

STEP FOURTEEN

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

STEP FIFTEEN

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

STEP SIXTEEN

Release the arm and bring to a neutral position.

STEP SEVENTEEN

Transfer to the other arm; and repeat Steps 11-16.

STEP EIGHTEEN

Complete massage on the back with effleurage strokes over entire back and into the neck muscles.

SUPINE

STEP ONE

Sitting at client’s head, apply oil and begin massage on the neck and upper traps with Lava Shells®, rotating head side toside. Repeat. Gently apply ROM to neck.

STEP TWO

Undrape decollete (chest) and arms.

STEP THREE

Standing on the side of body, apply oil and begin effleurage strokes with Lava Shells® to arm and into the pec muscles of the chest, in order to warm muscles.

STEP FOUR

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

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; retrieve Lava Shell® and massage arm while in this position.

STEP EIGHT

Return arm to neutral position; retrieve Lava Shell and continue massage in the pectoralis (chest) muscles and arm.

STEP NINE

Transition to the other arm and repeat steps 3-8.

STEP TEN

Diaper drape one leg; with the leg in neutral position, apply oil and begin effleurage strokes, using the Lava Shell® to warm the muscles.

STEP ELEVEN

Bend the knee, securing at the foot and knee; press leg, knee to chest and hold for a count of 10-15 seconds for an adequate stretch and release; hold and repeat 2 times (for all stretching.)

STEP TWELVE

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

STEP THIRTEEN

Continue the massage with the Lava Shells®, using a petrissage stroke through the IT Band and hip flexors.

STEP FOURTEEN

Return leg to neutral position and finish the leg with effleurage, using 2 Lava Shells.

STEP FIFTEEN

Rdrape and repeat steps 10-14 on the other leg.

STEP SIXTEEN

Apply moist, heated towel to feet and gently compress, create closure to the massage.

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