



## LAVA SHELL® CELLULITE/DETOX PROTOCOL - 30-MINUTES

### **PURPOSE:**

Before beginning the massage, the therapist should ensure that the client understands the area/areas affected with cellulite will be the focus for the massage. Therefore, it may be unlike massage typically received for relaxation and will not be a full body massage. So that the client is well informed and understands the therapeutic benefits of this service, the therapist should explain the process. For example, heat is used because it helps the process of burning fat, causing cellulite reduction by increasing the blood flow. Deep tissue massage is performed because it assists in improving the breakdown of fatty cells and helps the body's own metabolism to eliminate waste deposits.

The therapist should take a moment to clarify the areas in which the client would like to target. If the buttocks are one such area, the therapist should ensure that the client is comfortable with the draping procedure and clarify that the area will be massaged directly, not through the drape. This would be the same scenario if an area of concern is the abdomen.

The client needs to have an understanding and commitment that, for optimum results, the procedure should be repeated once a week for a series of four to six weeks.

### **SUPPLIES NEEDED:**

- Self-Heating Lava Shells® (1-2), Prepared and Charged
- Hand-Size Towels
- Bowl or Damp Cloth (*for chilling overheated shell*)
- Massage Oil
- Hand-size Towels
- **Optional:** Essential oil blend that is recognized for its diuretic, purifying, and/or lymphatic properties (*citrus, grapefruit, lemon, cedarwood, juniper, rosewood, cypress*)

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Instruct the client to lie on the massage table in the prone position. Step out of the room to allow disrobing.

## **PRONE:**

1. Ensure client's comfort. Place bolster/pillow under client's ankles.
2. Begin the massage by performing full body compressions to assist the client in reaching relaxation and also to warm the muscles. Pause at the feet and compress for 30 seconds to a minute, further assisting the client to relax.
3. Undrape one leg, including the buttocks (to the gluteal ridge).
4. Apply massage oil on entire leg.

*Optional: Blend several drops of preferred essential oil with massage oil.*

5. Retrieve one Lava Shell®. Using the crown of the shell, begin the massage on the leg and buttocks with a few slow, fluid effleurage strokes, always applying pressure upward and toward the heart. *(This encourages metabolic action of lymphatic drainage.)* Glide superficially with the return stroke.
6. On the last effleurage stroke, pause at the hip line and retrieve the second Lava Shell®. With both shells, begin massage on the cellulite affected area with deep petrissage (kneading) strokes, using the crown of the Lava Shell®. The pace of the strokes should be at quicker pace than for a relaxing Swedish massage.
7. Slide both Lava Shells® onto their edge and continue the petrissage strokes, remembering that the deep pressure stroke should always be in the direction of the heart. Check in with the client to ensure comfort, since fatty tissue is more sensitive to pressure than muscle.
8. Once the petrissage strokes are completed, slide the shells back onto their crown and perform deep wringing strokes at an angle to the leg so that the motion is an upward movement.
9. Complete massage of the leg by sliding back down to the ankle and flushing the toxins with a deep effleurage stroke. Place Lava Shells® in a warm, dry towel for recharging purposes.
10. Redrape the leg and repeat steps 3-9 on the other leg. *(Massage each leg 6 minutes if performing abdominal massage; 7 minutes each, if not.)*
11. Place the Lava Shells® in a warm, dry towel to rest and recharge.

## **SUPINE:**

1. Assist the client in turning to a supine position, adjusting bolster/pillow under the knees. Ensure client comfort.
2. Perform full body compressions to warm the muscles and assist the client into relaxation.

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4. Apply massage oil on the entire leg. Retrieve one Lava Shell® and begin the massage with a few slow, long effleurage strokes, remembering to apply pressure toward the heart and superficially when gliding down the leg.
  5. On the last effleurage stroke, pause at the thigh/hip and retrieve the second Lava Shell®. Begin deep petrissage (kneading) strokes in the cellulite affected areas, using the crown of the shell.
  6. Slide the Lava Shells® onto their edge and continue the petrissage strokes in the thigh/hip area.
  7. Once the petrissage strokes are completed, slide the shells back on the crown and begin wringing the upper thigh, remembering the stroke should be performed at an upward angle.
  8. Complete massage of the leg by sliding down to the ankle and flushing the toxins with a deep effleurage stroke upward toward the heart. Place the shells in a warm, dry towel for recharging purposes.
  9. Redrape the leg and repeat steps 3-8 on other leg. (*Massage each leg 4 minutes if performing abdominal massage; 5 minutes each, if not.*) Place the Lava Shells® in a warm, dry towel in order to keep them warm.
  10. Transition to the abdomen, if performing massage on this area. Apply breast drape and undrape the abdomen.
  11. Apply massage oil with slow clockwise, circular strokes on the abdomen.
  12. Continue the clockwise, circular strokes on the abdomen, beginning to apply more pressure, remembering the largest lymph nodes are in the neck, armpits, and groin areas.
- Movement of toxins in these directions will better assist with drainage, which will assist in eliminating waste deposits and the breakdown of fatty cells.*
13. Retrieve 2 Lava Shells® and begin deep petrissage, with the crown of the shell, on the cellulite affected areas of the abdomen. Continue these strokes for 2-3 minutes.
  14. Once completed with the petrissage strokes, apply compression with a pumping motion throughout the abdomen, encouraging lymphatic drainage.
  15. Complete the massage with a deep, clockwise, circular stroke. Redrape the client.

The massage is complete at this point. Assist the client into a sitting position, ensuring lack of dizziness, before exiting the room. Offer the client either water or herbal tea (specifically designed to assist with elimination of toxins.) Encourage the client to rebook for the next treatment and reiterate the importance of completing a series, for optimum benefit.