

# EYE CONTOUR MASSAGE PROTOCOL

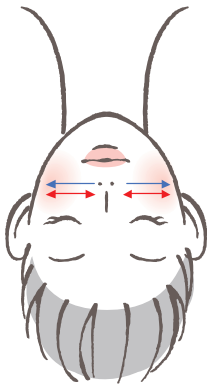
## EYE CONTOUR MASSAGE

A massage specially designed to encourage circulation, brighten and decrease swelling in the eye area. It is encouraged to use a treatment specific serum or cream.

Best for puffiness and dark circles.

Benefits: Brighten, increased product absorption, reduction in puffiness, improved skin tone.

Products and Tools Needed: 1 or 2 Cowrie Lava Shells, Facial Blend Charge(s), appropriate eye care product.



### STEP ONE

Apply treatment oil or serum to begin. With the bottom of the shell facing you, use the edge of the base and rock with gentle pressure from inside to out. Repeat 2-3 x's. Finish with a sweeping glide to temple.



### STEP TWO

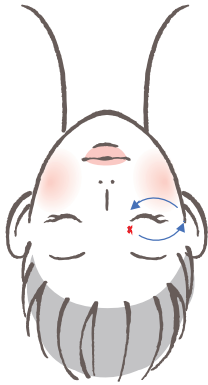
Using the tip of the shell, circle to temple. Move back to the inner corner and use heat to press rock the shell to the temple. Repeat 3-4 x's



### STEP THREE

Using the bottom opening of the shell to glide over the eye brow. Repeat 2-3 times

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### STEP FOUR

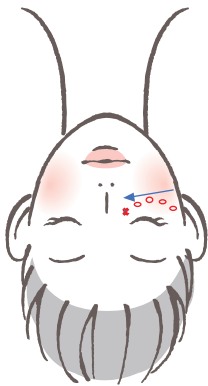
Using the tip, gently press for a 3 count. Use the rounded corner near the tip and glide around the orbital of eye. 2-3 passes

GOAL: healthy shade of circulation visible



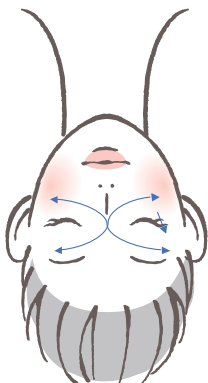
### STEP FIVE

Gently pinch the brow tissue at inner corner. Using swiping, tapotment moves, lift the eye tissue gently. 2-3 passes



### Step Five II

Begin 2 finger circles to the temple, glide back to inner corner of the eye, gentle pinch at the inner brow and repeat.



### Step Five III

Tapotment, sweeping moves at temples, follow with figure 8's to the other side. Split and finish with 3 count temple hold