

FOOT/LEG MASSAGE PROTOCOL

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Treatment: This protocol works equally well with the client prone or sitting, making it easy to incorporate into both full body massages and pedicure services. The Lava Shell Pedicure is consistently one of our most loved treatments, and its not hard to see why...the Lava Shell's deep, soothing heat and ergonomic shape turn an ordinary foot rub into an unforgettable experience.

Benefits: Improves finger and wrist range of motion, enhances circulation, and reduces trigger points in the hand muscles. The Lava Shell's heat will also make the hand cream more effective.

Products and Tools Needed: 2 Codacia Lava Shells, 2 Level One blends, Skin Appropriate Foot Cream or Massage Oil.

Duration: 20 minutes

STEP ONE

Wrap both hands around the ankle and, with Lava Shell in one hand, "squeeze" up the leg to just below the knee, with the Lava Shell against the calf.

STEP TWO

Return down the leg to the ankle with lighter pressure. Repeat steps one and two 3-5 times.

STEP THREE

Use the hinge of the Lava Shell to massage around the Achilles tendon with gentle friction strokes.

STEP FOUR

Continue down to the heel and use the surface of the Lava Shell in circular strokes, using a good amount of pressure.

STEP FIVE

Use the edge and surface to drag up the entire foot from heel to the base of the toes, then reverse direction and glide back to the heel, using the surface of the Lava Shell. Repeat 2-3x.

STEP SIX

Use gliding strokes with the surface of the Lava Shell along the outer edge of the sole and along the arch from toes to heel. Repeat 2-3x.

STEP SEVEN

Use small friction strokes and the hinge of the Lava Shell to work the center of the sole, up to just beneath the ball of the foot.

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STEP EIGHT

Use the edge of the Lava Shell to gently work between each toe. Some clients' feet may be too small for this to be comfortable, so go slowly and skip this step if it's not pleasant for them.

STEP NINE

Use the hinge or surface of the Lava Shell to work the instep with gliding strokes from heel to toe.

STEP TEN

Finish by "sandwiching" the foot between free hand and Lava Shell, with shell on sole of the foot. Pull hands off of foot over toes. Repeat 2-3x. Repeat steps 1 thru 10 on the other foot.