

# LAVA SHELL FULL BODY MASSAGE PROTOCOL

## LAVA SHELL FULL BODY MASSAGE

**Treatment:** The ultimate Lava Shell treatment, this full-body protocol uses four Lava Shells in alternating cycles to always keep two shells in use on the client. This massage offers unparalleled benefits, with continuous heat and pressure creating the most powerful heated massage.

**Benefits:** Allows therapist to use a constant shell massage technique with both hands, offers a high level of heat ideal for deep therapeutic work and relief of tension, promotes the highest level of myofascial release.

**Products and Tools Needed:** 4 Codacia Lava Shells, 4 Level Two blends, Skin Appropriate Massage Cream or Oil.

**Duration:** 80 minutes

### STEP ONE

Before client arrives, prepare four Codacia Lava Shells by placing a Level Two Lava Gel sachet inside each shell.

### STEP TWO

Open session with any discussion and/or analysis of problem areas, whether they are heat sensitive, etc. Inform client that the Lava Shells are quite warm and instruct them to immediately indicate if a shell ever becomes uncomfortable.

### STEP THREE

Start client face down and activate two Lava Shells by pouring in the Activator Solution and replacing cap.

### STEP FOUR

Undrape entire body, exposing the legs and back.

### STEP FIVE

Begin by using a warm towel to cleanse client's feet and ankles.

### STEP SIX

Apply skin appropriate massage cream or oil, starting at left foot and working your way up the shoulders and arms. Repeat on right side of the body.

### STEP SEVEN

After five minutes, check Lava Shells and make sure the Activator Solution has completely absorbed. Communicate to client right before you place the shells on their skin to prevent them from being startled. When testing the temperature on client's skin, test while moving gently against their skin.

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### STEP EIGHT

Start with two Lava Shells, making sure the temperature is appropriate and effleurage simultaneously from feet to shoulders and arms; repeat 2 to 3 times. Then from arms and shoulders to feet; repeat 2 to 3 times.

### STEP NINE

Start with the left leg from ankle to glute working specific areas, as needed. Upon completion, set Lava Shells aside to 'recharge' heat. Finish massage on left leg with hands while Lava Shells heat back up.

### STEP TEN

Repeat massage on the right leg.

### STEP ELEVEN

Make sure to drape the legs when finished with the massage.

### STEP TWELVE

Massage the back starting with effleurage and working deeper and more specific areas, as needed.

### STEP THIRTEEN

Massage the back of the arms and leave one Lava Shell in client's hand (temperature permitting) while working more specific areas on the back.

### STEP FOURTEEN

Repeat on other side.

### STEP FIFTEEN

At the halfway point (40 minutes), place "used" Lava Shells on the counter and have client turn over. During time when client turns over, activate the other two "unused/new" Lava Shells.

### STEP SIXTEEN

Undrape legs and abdomen. Make sure to drape breast if client is female.

### STEP SEVENTEEN

Apply skin appropriate massage cream or oil, starting at right foot and working your way up to neck and arms. Allow oil to warm in palms before applying to client.

### STEP EIGHTEEN

Repeat on left side.

### STEP NINETEEN

Start massage on right leg with two "newly heated" shells from ankle to neck and arm repeat 2 to 3 times. Alternate between using shells and hands to massage.

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### STEP TWENTY

Massage on left leg from ankle to neck and arm. Repeat 2 to 3 times.

### STEP TWENTY-ONE

Drape legs completely.

### STEP TWENTY-TWO

Start massage on abdomen with one Lava Shell only.

### STEP TWENTY-THREE

Drape abdomen and set shell aside to 'recharge'.

### STEP TWENTY-FOUR

Massage left arm with one Lava Shell (warm shell that was not used on abdomen). Set shell aside to 'recharge'.

### STEP TWENTY-FIVE

Repeat on right arm with shell that has 'recharged' from abdomen massage. Set shell aside and finish with hands.

### STEP TWENTY-SIX

Massage neck and shoulders with two Lava Shells.

### STEP TWENTY-SEVEN

Tuck warm Lava Shells beneath client's upper shoulders or on either side of the lower neck, separated by a cloth or hand towel so shells are not directly against the skin.

### STEP TWENTY-EIGHT

Finish the massage only with your hands working on neck, shoulders, and scalp.

### STEP TWENTY-NINE

Wipe off excess oil from the body.

### STEP THIRTY

Remove sachets from shells and discard.

### STEP THIRTY-ONE

Sanitize Lava Shells with board-certified cleanser.