

HAND/ARM MASSAGE PROTOCOL

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Treatment: A perfect complement to any manicure service, this massage is also ideal for clients with carpal tunnel or arthritis in the hands. This protocol can be performed with any massage oil or slow-absorbing hand cream, if it will provide enough glide for the Lava Shell to move easily.

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 Hand Cream or Massage Oil.

Duration: 20 minutes

STEP ONE

Holding the Codacia Lava Shell in the palm of your hand, begin at top of the wrist and use a long gliding motion along the outer arm up to the elbow or all the way to the shoulder. Follow with your empty hand, applying additional light, squeezing pressure.

STEP TWO

Return down the inner arm, over the palm and off the fingertips. Use your free hand to sandwich the arm between your free hand and the Lava Shell to apply light squeezing pressure as you go. Pull gently at the fingers as you slide the Lava Shell off the fingertips to stretch them.

STEP THREE

Repeat the motion three to five times slowly.

STEP FOUR

For forearm tension, use the hinge of the Lava Shell to perform friction strokes between muscles along the top of the forearm.

STEP FIVE

Pull the Lava Shell back to wrist and around to palm and fingertips while maintaining contact using surface.

STEP SIX

Turn the hand over so the palm faces upward and work the muscle below the thumb and between the thumb and index finger with the Lava Shell's hinge, using friction strokes.

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STEP SEVEN

Using the same friction strokes, work on the muscle below the pinky finger, moving from wrist to fingers.

STEP EIGHT

Use the edge of the Lava Shell to gently work the spaces between each finger.

STEP NINE

Work the muscle between the thumb and forefinger on the back of the hand using the hinge of the Lava Shell in a kneading motion.

STEP TEN

If desired, work between the bones in the back of the hand with the edge of the Lava Shell.

STEP ELEVEN

Finish with additional stretching of the hands and arm by “sandwiching” hand between your free hand and the Lava Shell and dragging off the fingertips. Repeat steps 1 thru 10 on the other arm.