

## STONE OR SHELL FOOT/LEG MASSAGE

**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 therma**Bliss** stone/shell pedicure provides deep, soothing heat and ergonomic shape that 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.

**Supplies:** 2 therma**Bliss** stones or shells, 2 therma**Bliss** Body Level 1.0 charges, and skin appropriate oil or cream.

**Duration:** 20 minutes.

### STEP ONE

Before client arrives, sanitize selected therma**Bliss** tool with board-approved sanitizer.

### STEP TWO

Activate stones/shells with therma**Bliss** Body Level 1.0 charges according to package instructions.

### STEP THREE

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

### STEP FOUR

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

### STEP FIVE

Use the stone/shell to massage around the Achilles tendon with gentle friction strokes.

STEP SIX

Continue down to the heel and use the surface of that stone/shell in circular strokes, using a good amount of pressure.

STEP SEVEN

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 stone/shell. Repeat 2-3x.

STEP EIGHT

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

STEP NINE

Use small friction strokes with the stone/shell to work the center of the sole, up to just beneath the ball of the foot.

STEP TEN

Use the stone/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 ELEVEN

Use the surface of the stone/shell to work the instep with gliding strokes from heel to toe.

STEP TWELVE

Finish by "sandwiching" the foot between free hand and stone/shell, with a stone/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.