

STONE OR SHELL HAND/ARM MASSAGE

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 thermaBliss stone/shell to move easily.

Benefits: Improves finger and wrist range of motion, enhances circulation, and reduces trigger points in the hand muscles. The stone/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

Holding the stone/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 FOUR

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 stone/shell to apply light squeezing pressure as you go. Pull gently at the fingers as you slide the stone/shell off the fingertips to stretch them.

STEP FIVE

Repeat the motion three to five times slowly.

STEP SIX

For forearm tension, use the stone/shell to perform friction strokes between muscles along the top of the forearm.

STEP SEVEN

Pull the stone/shell back to wrist and around to palm and fingertips while maintaining contact using surface.

STEP EIGHT

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 stone/shell, using friction strokes.

STEP NINE

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

STEP TEN

Use the edge of the stone/shell to gently work the spaces between each finger.

STEP ELEVEN

Work the muscle between the thumb and forefinger on the back of the hand using the stone/shell in a kneading motion.

STEP TWELVE

If desired, work between the bones in the back of the hand with the edge of the stone/shell.

STEP THIRTEEN

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