

IGNITE & CHILL STONE OR SHELL MASSAGE

Treatment: While decadent and relaxing, the Ignite & Chill Massage also has a rejuvenating and therapeutic effect, by relieving muscle fatigue and pain. Self-heating and cooling thermaBliss Stones or Shells are incorporated into this unique interpretation of contrast therapy.

Benefits: Contrast therapy, which is the alternating of heat with cold, stimulates the circulatory and lymphatic systems. With this method, it is possible to reduce inflammation, stimulate circulation, and relax tight muscles, thereby easing pain. Alternating thermaBliss warm and cold stones or shells help every cell in the body to receive more oxygen and nutrients, while also moving lymph. This combination creates a vascular flush.

Supplies: 2 therma**Bliss** Stones or Shells, 1 therma**bliss** Body Level 1.0 charge, 1 therma**Bliss** Glacial Blend charges, massage oil.

Duration: 50-80 minutes.

PRONE

STEP ONE

Sanitize your selected therma**Bliss** tools with board-approved sanitizer.

STEP TWO

Activate your therma**Bliss** tools according to the Body Level 1.0 and Glacial Blend instructions on packages.

STEP THREE

Begin the massage, while client is fully draped, with gentle stretches and compression, so that the shells may reach their ideal temperature.

STEP FOUR

Undrape the entire left side of the body (vertically) and apply oil with long smooth effleurage strokes. Begin this application at the foot and continue this stroke through the leg, hip, back, shoulder, and down arm to hand. Reverse the stroke from hand to foot. Repeat this stroke to ensure the oil is spread evenly.

STEP FIVE

With 1 Body Level 1.0 stone/shell and 1 Glacial Blend stone/shell, effleurage the entire left side of the body (*as above in step 2*), with the cold stone/shell following the heated stone/shell.

PRO TIP:

Effleurage SLOWLY for maximum benefit of the contrast therapy.

STEP SIX

Repeat Step 3 three times.

STEP SEVEN

Beginning at the ankle, petrissage the entire left side of the body, pausing briefly at the shoulder to petrissage the upper trapezius. Continue the petrissage stroke down the arm to the hand. Using the warm stone/shell to scrape and compress the hand for approximately 1 minute.

STEP EIGHT

Reverse the flow with petrissage and pause at the foot. Using the warm stone/shell to scrape and compress the foot for approximately 1 minute.

STEP NINE

Repeat Steps 5 & 6 two times.

STEP TEN

Complete the left side of the body with slow smooth full body effleurage strokes, using the hands. Redrape left side of the body.

STEP ELEVEN

Transition to the right side of the body and undrape as instructed on the left side of the body.

STEP TWELVE

Repeat Steps 2-8.

TIMING: Approximately 30 minutes for a 50 minute massage; or 50 minutes for an 80 minute massage.

SUPINE

STEP ONE

Begin with gentle stretching and compressions, allowing time for the shells to regenerate.

STEP TWO

Undrape the left leg and apply oil with slow, smooth effleurage strokes, from ankle to hip.

STEP THREE

Repeat step 2 to ensure full coverage of the oil application.

STEP FOUR

Retrieve a the warm and cold stones/shells and begin effleurage stroke of the entire leg, with the cold stone/shell following the warm stone/shell.

STEP FIVE

Repeat Step 4 two times.

STEP SIX

Beginning at the ankle, use the warm stone/shell followed by the cold stone/shell and petrissage the leg to the hip and reverse the stroke back to the ankle.

STEP SEVEN

Repeat Step 6 two times.

STEP EIGHT

Complete the leg massage with an effleurage stroke, using the hands.

STEP NINE

Transition to the right leg and repeat Steps 2-8.

STEP TEN

Undrape right arm and shoulder.

STEP ELEVEN

Apply oil on arm and shoulder with an effleurage stroke, repeating to ensure even oil application.

STEP TWELVE

Retrieve warm stone/shell and cold stone/shell and begin effleurage at the wrist and through to the upper trapezius and neck.

STEP THIRTEEN

Repeat Step 12 two times.

STEP FOURTEEN

Rotate the arm to 90 degrees.

STEP FIFTEEN

Beginning at the sternum, effleurage through the pectoralis to the wrist and reverse the stroke back to the sternum, using the warm stone/shell. Repeat this stroke with the cold stone/shell.

STEP SIXTEEN

Repeat Step 15 two times.

STEP SEVENTEEN

Rotate arm back to neutral position and complete massage on the arm with an effleurage stroke, using the hands.

STEP EIGHTEEN

Transition to the left arm/shoulder and repeat Steps 10-17.

STEP NINETEEN

Sitting at the head of the client, gently scrape through the upper trapezius and neck, to the occipital ridge, on both sides of the body simultaneously.

STEP TWENTY

With gentle circular movements, massage with the edge of the warm stone/shell at the occipital ridge of the skull.

STEP TWENTY-ONE

Repeat Steps 19 and 20, using the cold stone/shell.

STEP TWENTY-TWO

Complete the massage with gentle stretching of the neck and scalp massage, using fingers and hands.

TIMING: Approximately 20 minutes for a 50 minute massage; or 30 minutes for an 80 minute massage.