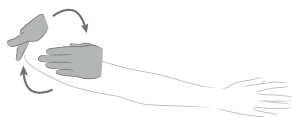


Hand and Arm Massage

Give hardworking hands and arms some much needed attention. Help relieve tension and promote total relaxation in your treatment room with this Glo Touch Technique designed to be incorporated into any skin treatment during the mask step.

Opening movements: Warm Massage Cream in your hands. Apply in spreading (effleurage) motion to entire arm, make sure to cover both sides, as well as hand, including each finger.



- 1 Use both hands, one following the other, to round the shoulder with smooth, sweeping movements in a circular pattern. Repeat 6x.

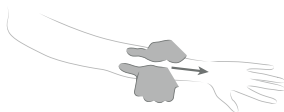


- 2 Move down to the upper arm area and using the entire hand, perform petrissage movements squeezing (or kneading) the bicep and tricep with the entire hand. Repeat 6x.



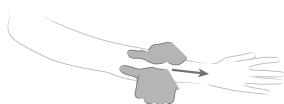
- 3 Giant Arches. Cradle client's right hand (palm facing up) with your left hand. Place your right hand thumb on client's wrist (above their thumb). Press and glide up to the elbow bend; turn their arm over, continue to press and glide from the elbow downward, stopping above client's pinky.

Using your opposite hand, cradle client's hand with palm facing down. Place your left hand thumb on client's wrist (above their thumb), press and glide to the elbow bend, turn their arm over, continue to press and glide downward, stop above the client's pinky. Repeat 3x with both hands.



- 4 Thumb Trio Arm (palm up). Position client's arm with palm facing up. Using both hands, cradle the forearm with thumbs resting below the elbow.

- Thumb press: with both hands, press down and hold for a moment, release pressure and slightly slide down, continue to repeat movement down the arm to the wrist.
 - Thumb fan: starting at the wrist, alternate thumbs to create a small fan pattern to the elbow bend. When you reach the elbow, slide down to the starting position.
 - Thumb slide: with both thumbs, press and smoothly slide from the wrist up toward the elbow bend. When you reach the elbow, slide back to original position.
- Repeat this trio of movements 3x.



- 5 Thumb Trio Arm (palm down). Position client's arm with palm facing down. Using both hands, cradle the forearm with thumbs resting below the elbow.

- Thumb press: with both hands, press down and hold for a moment, release pressure and slightly slide down, continue to repeat movement down the arm to the wrist.
 - Thumb fan: starting at the wrist, alternate your thumbs with a smooth upward movement, creating a small fan pattern to the elbow bend. When you reach the elbow, slide down to the starting position.
 - Thumb slide: with both thumbs, press and smoothly slide from the wrist up toward the elbow bend. When you reach the elbow, slide back to original position.
- Repeat this trio of movements 3x.



6 Thumb Circles on Wrist (palm down). With both thumbs, create small circles from one side of the wrist to the other. Repeat 3x.

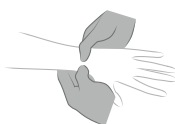


7 Thumb Trio Hand (palm down). Cradle the client's hand with your fingers and position your thumbs in between the client's thumb and index finger.

- Thumb walk: using alternate thumb presses, "walk" up to the wrist. When you reach the wrist, slide down to starting position. Perform movement in between each finger, ending between the ring finger and pinky.
- Thumb fan: with alternating thumbs, create a small fan pattern in between the thumb and index finger from knuckle to wrist. When you reach the wrist, slide down to the starting position; perform movement between each finger.
- Thumb slide: with one thumb, press and smoothly slide from in between thumb and index finger from knuckle to wrist. When you reach the wrist, slide back to original position and repeat with opposite thumb. Perform this sliding movement between each finger. Repeat this trio of movements 3x.



8 Range of Motion and Pulse. With client's palm facing down, hold client's hand above wrist, rotate the wrist 3x clockwise. Repeat 3x counterclockwise. Pulse (stretch at wrist) 3x.



9 Thumb Circles on Wrist (palm up). With both thumbs, create small circles from one side of the wrist to the other. Repeat 3x.



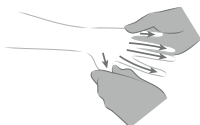
10 Palm Knuckling. Create a fist, use your knuckles to knead into client's palm. Repeat 3x.



11 Cradle and Stretch Entire Hand. Using both hands, intertwine your fingers with your client's. Press your fingertips onto the back of the client's hand, creating a stretch to client's palm. Using both thumbs, create circles over the client's palm. Alternate between small and large circles.



12 Cradle and Stretch Thumb and Pinky. Using both hands, intertwine your fingers with the client's thumb and pinky. Using both thumbs, create small circles along the outer edge of the palm.



13 Finger Massage. Starting at the base of the thumb, massage down to the tip, lightly press with your thumb and index finger. Repeat the same movement on the pinky. Alternate movements and work toward the center: thumb, pinky, index finger, ring finger, last is middle finger.

Closing movements: Turn hand to palm facing down, sweep up from hand to shoulder with both hands then slide back down. Repeat 3x. End with both hands flat on either side of your client's hand, press and release.