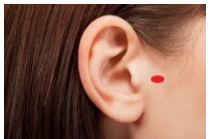
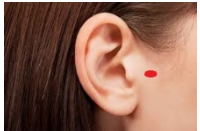

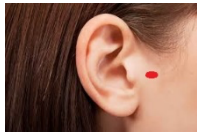
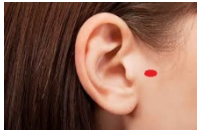
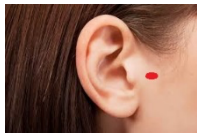


## Facial Lymphatic Massage Routine

Start	With palpating the thoracic duct in small circular movements x6	
Step 1	Rest fingers above the ears; thumb press release from brow to hair line. X3	
Step 2	Using the full length of the thumbs alternate slide brow to hair line. X3 each thumb.	
Step 3	<ul style="list-style-type: none"> <li>• Thumb pressure from middle of forehead to temples then slide down to midpoint of ears.</li> <li>• Repeat movements to cover entire forehead, working up towards the hairline. (normally 3 lines) X3</li> </ul>	
Step 4	Full length of thumb in full contact with forehead, using thumbs drain down towards midpoint of ears. X3	
Step 5	<p>Rest thumbs between the brows, with the pads of the fingers lightly drain.</p> <ul style="list-style-type: none"> <li>• Under the eye to mid point of the ear.</li> <li>• Above the cheekbone to mid point of the ear</li> <li>• Below the cheekbone to mid point of the ear.</li> </ul>	
Step 6	Using index and middle fingers drain under jaw line towards the midpoint of ears. X3	
Step 7	<ul style="list-style-type: none"> <li>• Using pinkie and outer edge of palm drain up towards the midpoint of ears.</li> <li>• Follow with (Movement #4) full length of thumb, full contact with forehead and drain down to the midpoint of ears. X3</li> </ul>	
Step 8	<ul style="list-style-type: none"> <li>• Using pinkie and outer edge of palm drain up towards the midpoint of ears.</li> <li>• Using middle finger drain slowly towards the two points above the clavicle. X3</li> </ul>	
Step 9	<ul style="list-style-type: none"> <li>• Repeat steps 1-8</li> </ul>	
Step 10	<ul style="list-style-type: none"> <li>• Press down on décolleté below clavicle.</li> <li>• Slide to shoulders.</li> <li>• Push downwards on shoulders towards feet.</li> </ul>	

Step 11	<ul style="list-style-type: none"><li>• Slide hand from shoulders up the back of neck, scoop clients head into palms.</li><li>• Pull elbows together.</li><li>• Apply gentle traction (<i>shifting your body weight to your heels pull backwards on the head <b>do not</b> lift head upwards</i>) for the count of 3 then release.</li></ul>
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