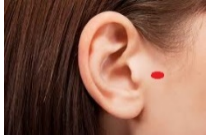
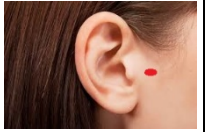

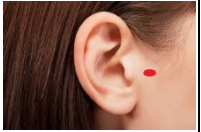




Facial Lymphatic Massage Routine

Commence	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"> • Thumb pressure from middle of forehead to temples then slide down to midpoint of ears. • Repeat movements to cover entire forehead, working up towards the hairline. (normally 3 lines) X3 	
Step 4	Full length of thumb in full contact with forehead, using thumbs drain down towards midpoint of ears. X3	
Step 5	Rest thumbs between the brows, with the pads of the fingers lightly drain. <ul style="list-style-type: none"> • Under the eye to mid point of the ear. • Above the cheekbone to mid point of the ear • Below the cheekbone to mid point of the ear. 	
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"> • Using pinkie and outer edge of palm drain up towards the midpoint of ears. • Follow with (Movement #4) full length of thumb, full contact with forehead and drain down to the midpoint of ears. X3 	
Step 8	<ul style="list-style-type: none"> • Using pinkie and outer edge of palm drain up towards the midpoint of ears. • Using middle finger drain slowly towards the two points above the clavicle. X3 	
Step 9	<ul style="list-style-type: none"> • Press down on décolleté below clavicle. • Slide to shoulders. • Push downwards on shoulders towards feet. 	
Step 10	<ul style="list-style-type: none"> • Slide hand from shoulders up the back of neck, scoop clients head into palms. • Pull elbows together. • Apply gentle traction (<i>shifting your body weight to your heels pull backwards on the head do not lift head upwards</i>) for the count of 3 then release. 	