

## ACULIFT MASSAGE AND DIAGRAM

KERSTIN  FLORIAN

### ACULIFT MASSAGE

1. CONTACT - (Décolleté) - Breathe in and out slowly with your client. Using a slow circular effleurage motion, spread fingers, massaging outward toward shoulders. Sweep around the shoulders, up the neck, then back to the décolleté. Repeat 5-6 times.

2. CRISS-CROSS - (Décolleté) Using flat hands and fingertips (hula hands) massage toward lymph glands on chest (hands should be placed over thymus and lymph.) Pressure should be applied with downward movement and no pressure upward release. Massage two times each side. Repeat ten times.

3. MIDDLE OF CHEST - (Thymus) With middle and pointer fingertips of each hand, lightly massage from just below collar bone to the thymus making small, interchanging half circles, then with light pressure move back toward chin in one straight motion. Repeat 5-6 times.

#### 4. KNUCKLES -

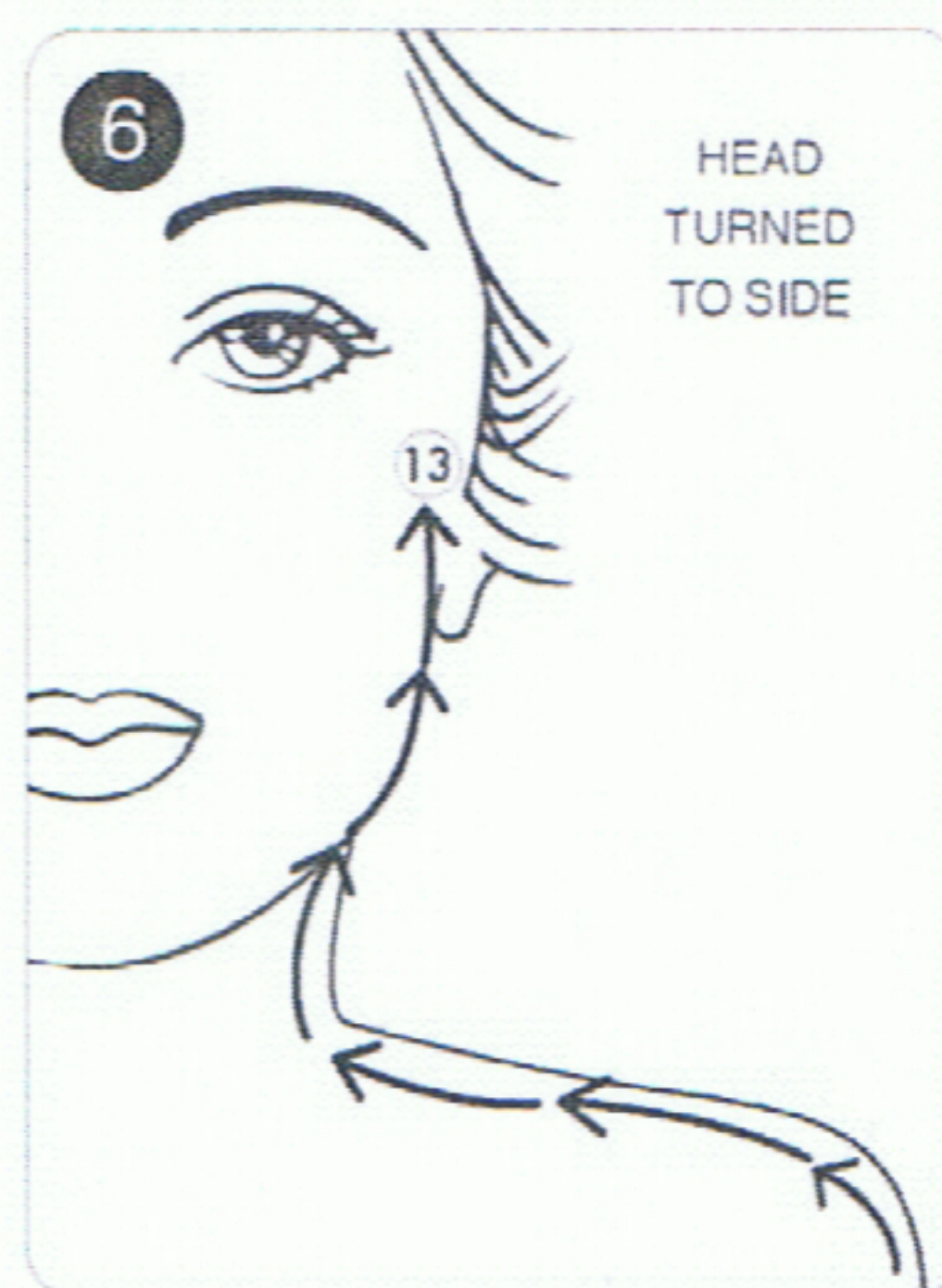
A. (Décolleté & Neck) Use circular outward motions with knuckles begin on center of décolleté moving out and around shoulders (deltoids), along the back (upper traps) then up the sides of the neck. Go back to the décolleté. Repeat 5-6 times.

B. (Trapezius) On last pass around shoulders, begin working trapezius using knuckles. Then folding thumb inside fist, turn hands over with knuckles facing up and slide down along erector spinea to scapula region. Now lift along erector spinea as you support yourself by resting your arms on the facial bed; draw your arms out from under guest, pausing slightly as you come up and over shoulders. Repeat 3 times.

C. (Transitional Effleurage) One final effleurage around shoulders, up the neck, ending at point #10. From here, effleurage on the neck upwards, alternating hands, covering the entire neck from one side to the other.



5. JAWLINE - (Cheek line) Crisscross fingers, holding at point #10 and using the index and middle fingers, lift up to point #13 one hand at a time. Do not lift from point until the other hand is on the point. Repeat 3 times.



6. LIFTING TRAPEZIUS - (Trapezius & Neck) Gently turn head to one side. Begin with effleurage across and around shoulder, cupping behind shoulder, and with a lifting motion on the trapezius draw up along neck to point #13 (make sure to go in front of the ear). Continue alternating hands 5-6 times. Turn the head to the other side and repeat sequence. Repeat 5-6 times.



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7. THUMBS - (Jaw) Mold the jaw line. Place thumb on top of jaw with pointing finger curved underneath. Start at point #10 move along jaw line to point #13 alternating sides. Do not leave the point until the other finger is touching the point. This is the strongest bone in the body - you can apply pressure! Repeat 3-6 times.



8. LATERAL MUSCLES - (Nasolabial) Working laterally, (insertion to the origin, muscle threads directions) start at point #6 and follow the muscle (Depressor Anguli Oris) straight down to point #10. Hold at point #10, tucking the nasolabial fold under. Do one side, then the other side. Repeat 5-7



9. CHIN MUSCLE - (Mentalis) - Starting at point #9, smooth muscle downward, tucking under at point #10. Repeat 5-7 times.



10. AROUND MOUTH - (Orbicularis Oris) - Using middle or index fingers, smooth upper lip line by gently drawing from point #7 to point #7 (from one side to another). Let fingers rest on the point as the opposite hand draws back along same line to origin. Mimic same movement on lower lip line, #7 to #7, alternating hands. Alternate 10 times.



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11. TRANSPORTATION TO FOREHEAD - (T-Zone & Forehead) From point #10 (chin), follow the T-zone up to the forehead, pausing with slight pressure at point #6 and again under inner corner of eyebrow. Continue to the hairline of the forehead. Using **full hand**, cup and lift the frontalis (forehead).



12. LIFT EYEBROW - (Eyes) Pinch/hold the inner corner of the eyebrow with thumb and index finger. With other hand, trace the eye muscle starting at this inner corner across to point #14. Continue to circle softly inward under eye with very light pressure to inner corner. Lift the index finger allowing the other finger to pass by. Repeat 8-10 times. Do the same on the other eye.



13. LIFTING FOREHEAD (Frontalis) - (Forehead) Cup hands across forehead ending at temples and hold.

14. Praying hands (movement). After laying fingers out over face, draw back toward hairline with smooth strong pressure. Trail off over hair. This is a lifting move.

### 15. TAPOTEMENT

A. (Entire Face) Use a light tapping motion over all the points on the face. Then mold and hold the muscles. Hold 30 seconds.

B. (Décolleté) Tap the décolleté very lightly, then hold fingertips lightly at the end of the shoulders, neutralize and shake off.

16. BRIGHT LIGHT Give a bright clean light over the face.