

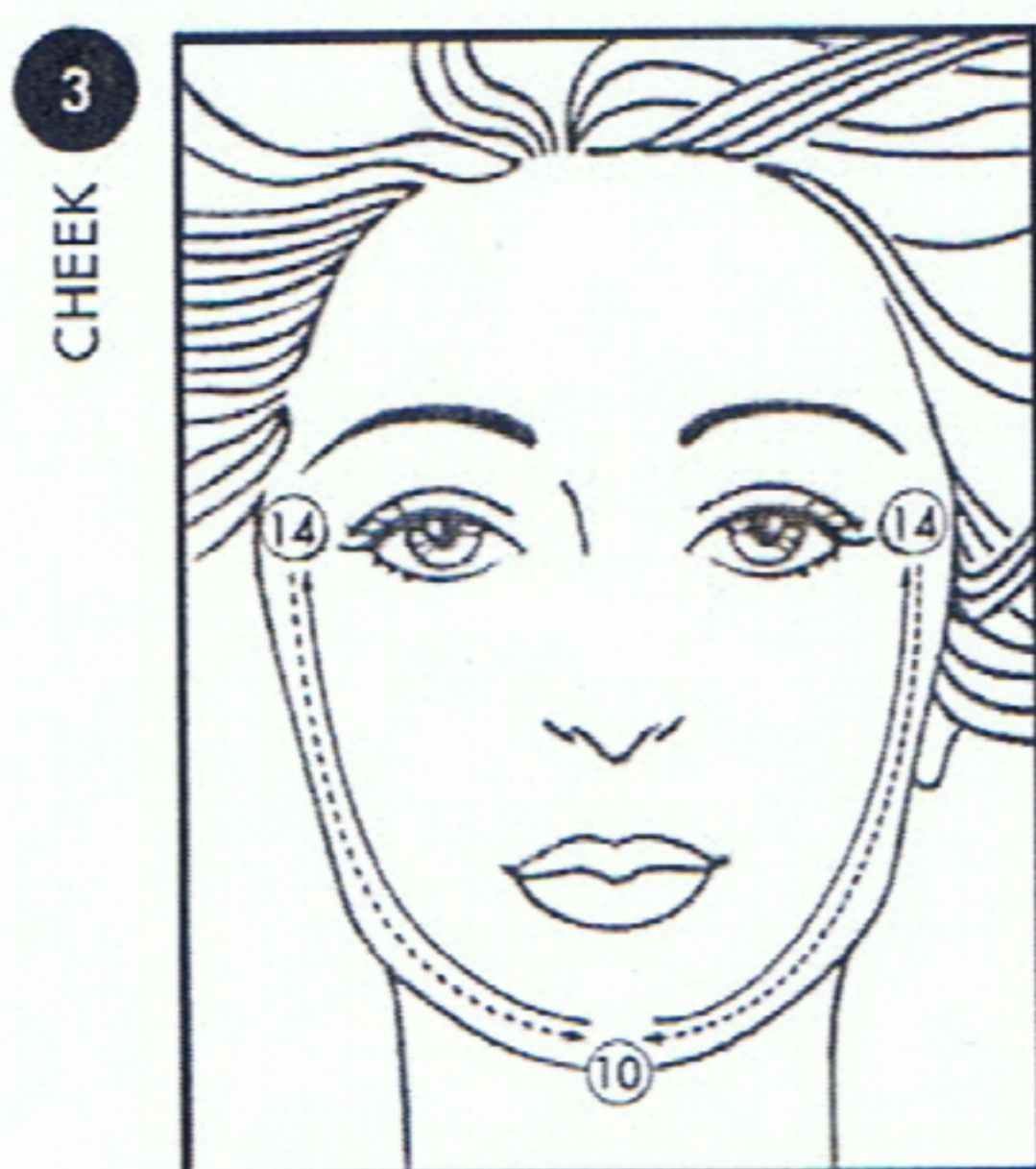
FACIAL MASSAGES

DEEP CLEANSING FACIAL MASSAGE

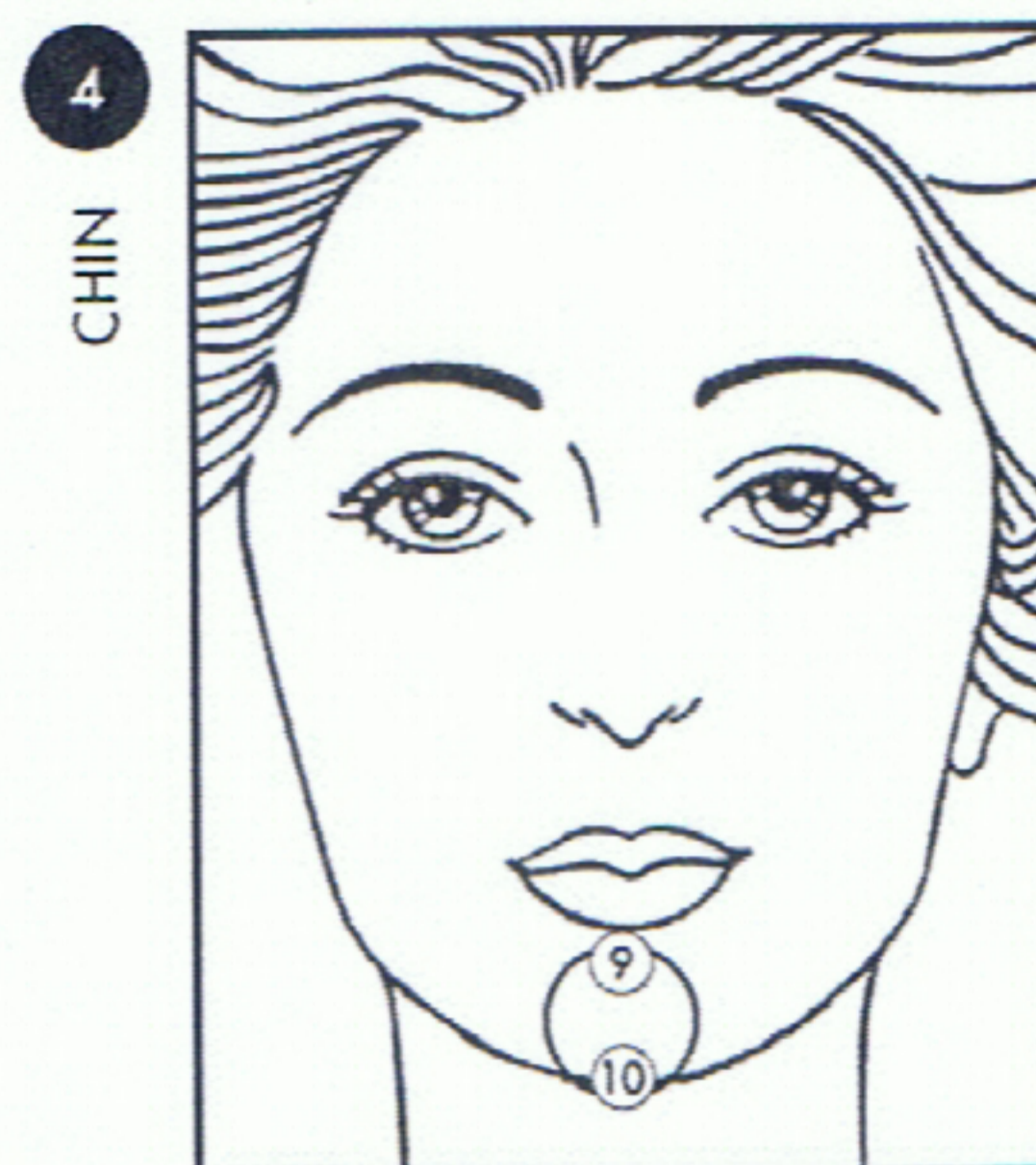
KERSTIN  FLORIAN

DEEP CLEANSING MASSAGE TECHNIQUE
FOR ESTHETICIANS

- 1 Décollete: Effleurage and contact on décollete. With effleurage movements, spread hands out over shoulders and back up the neck back to the front. Work the trapezius to loosen up the tension.
- 2 Neck: Alternating hands, effleurage downwards on neck beginning at chin, covering the entire neck from side to side. Work mainly on sides of neck, following lymphatic pathways. Repeat with upward strokes. (Downward strokes release tension, upward strokes increase circulation and lift muscles).



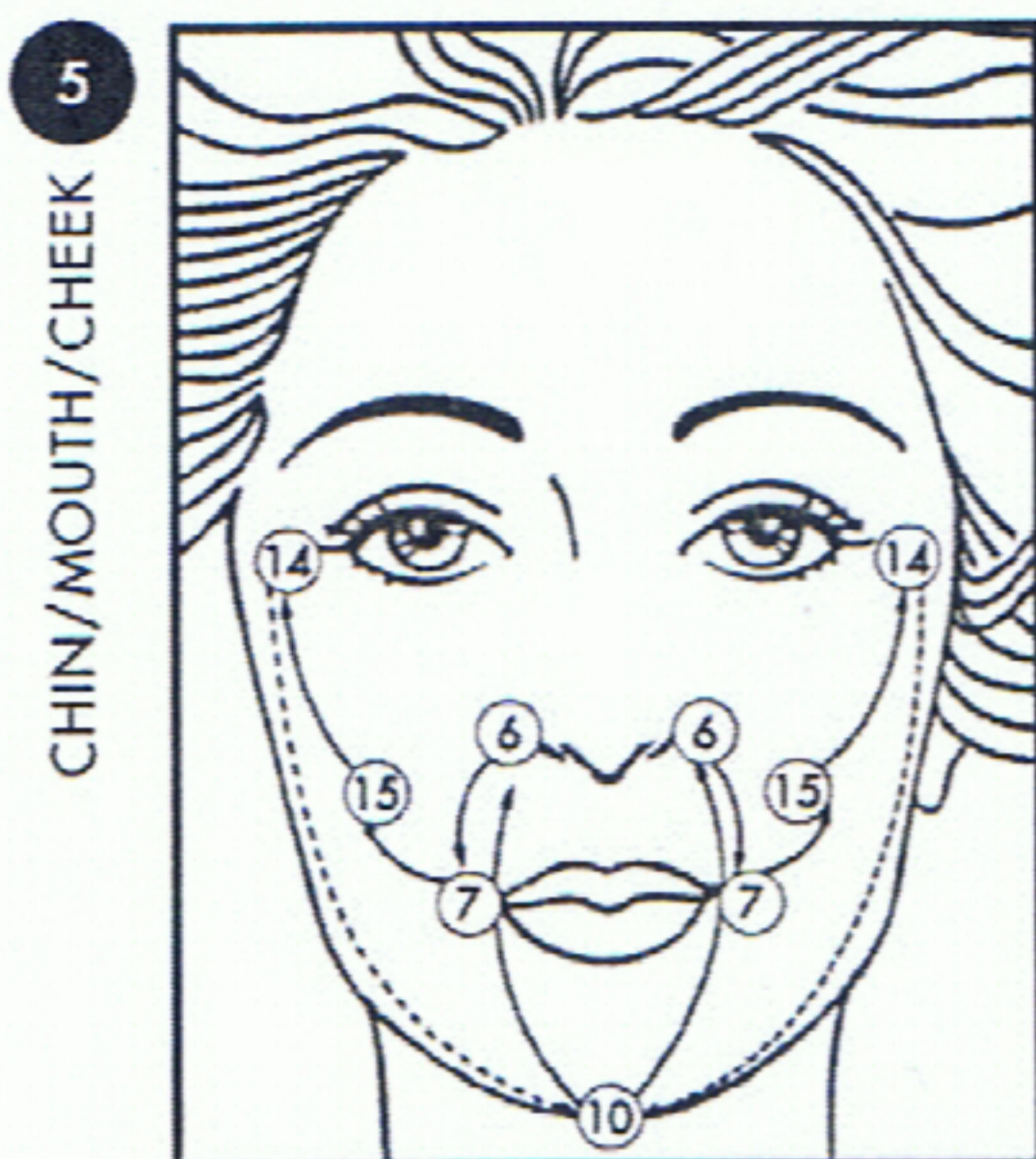
V-brace: place hands in a "V" over the chin at point #10. With medium pressure, draw upward to point #14, resting with fingertips and light pressure on point #14, then slide back down the contour of the face with no pressure to point #10. REPEAT 5-10 TIMES.



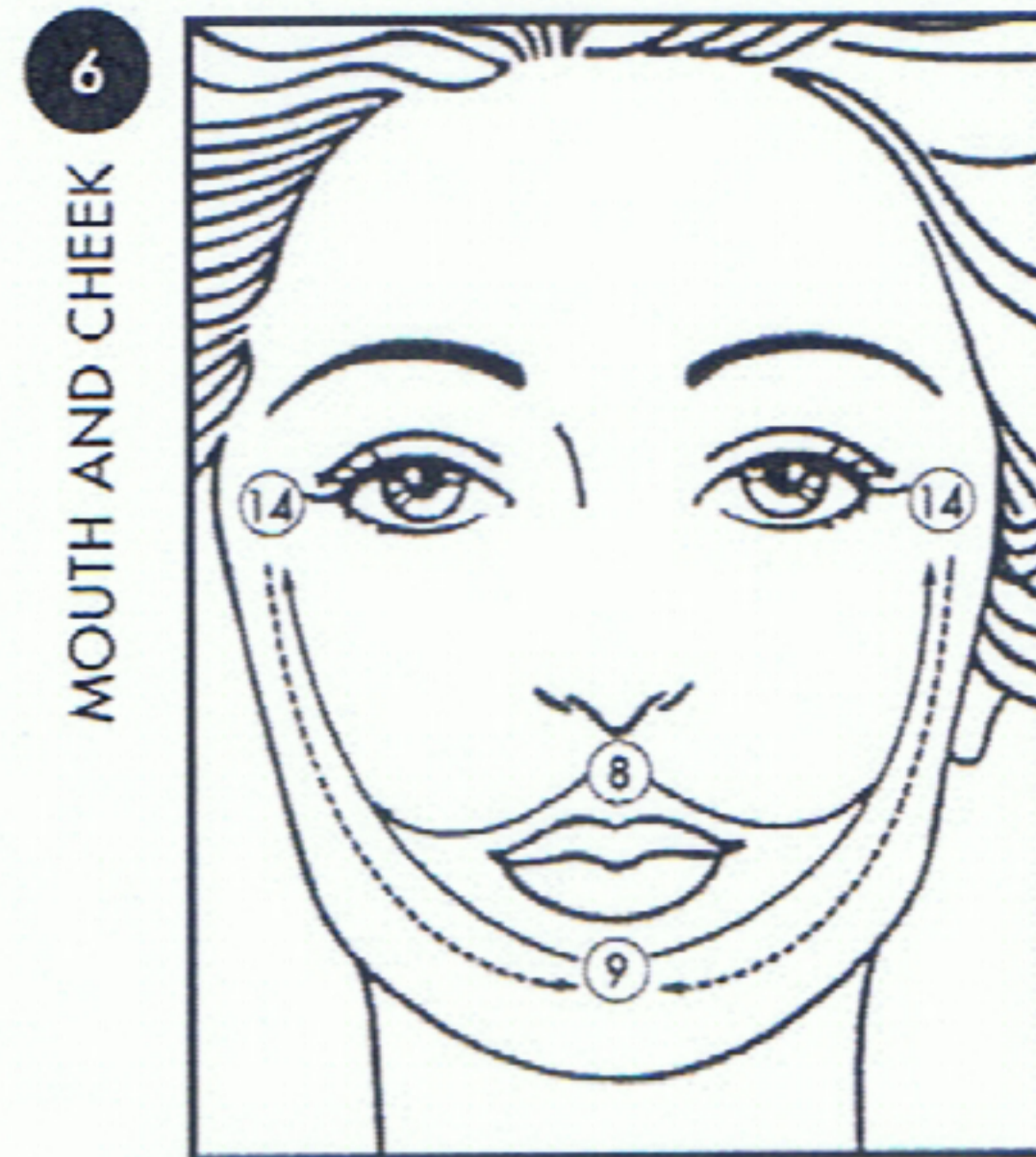
Start on chin with right hand. Place right index finger on #9, middle finger on #10. Travel over and around the chin with index finger to #10. Alternate left and right hands in 1/2 circles. REPEAT 5-10 TIMES.

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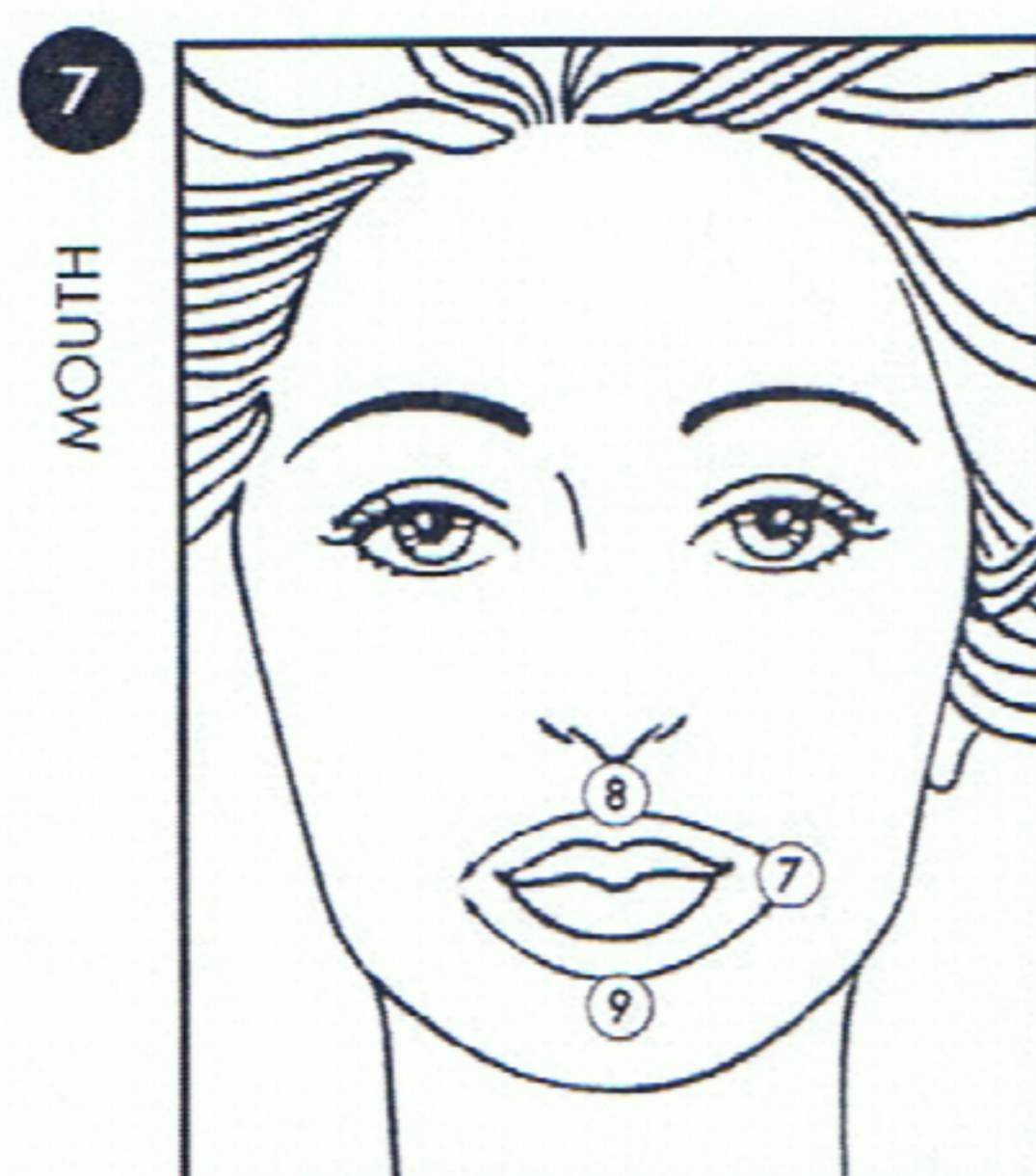
DEEP CLEANSING MASSAGE TECHNIQUE FOR ESTHETICIANS



Starting at point #10 and using the pads of the index fingers draw straight up to #6, slide back down to #7, over to #15, then up to #14. Slide back down along the contour to #10 with no pressure.
REPEAT 5-10 TIMES



V-brace over mouth:
Starting at #8 and #9, slide up to #14, holding the point with slight pressure. Then with no pressure slide backdown along the contour of the face with little fingers to point.
REPEAT 5-10 TIMES.



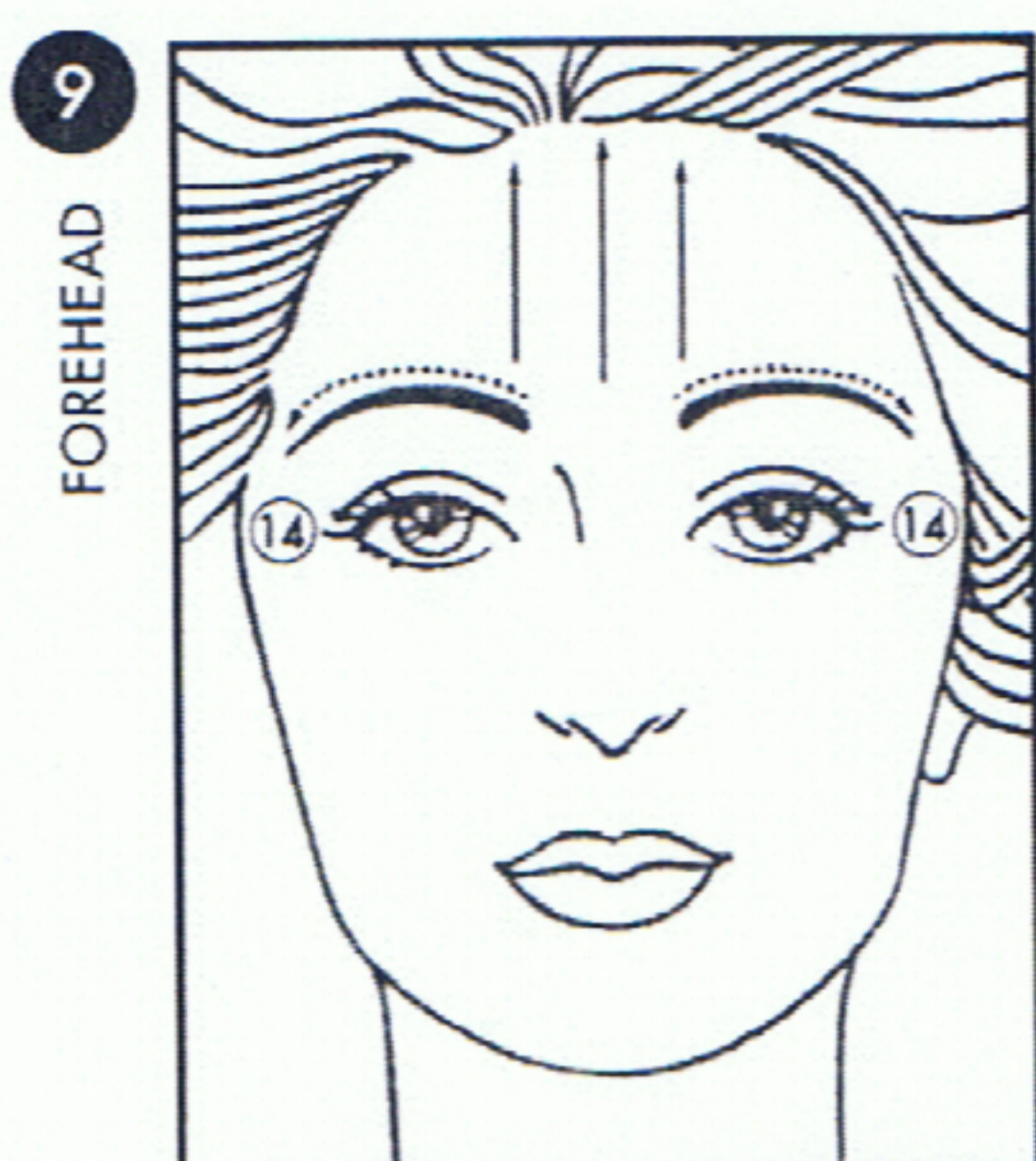
Using middle and index fingers, smooth lip lines by gently drawing over lip lines from #7 to #7 (from side to side). Let fingers rest on the point as the opposite hand draws along lip lines to original point. #7 to #7, alternating hands.
REPEAT 5-10 TIMES



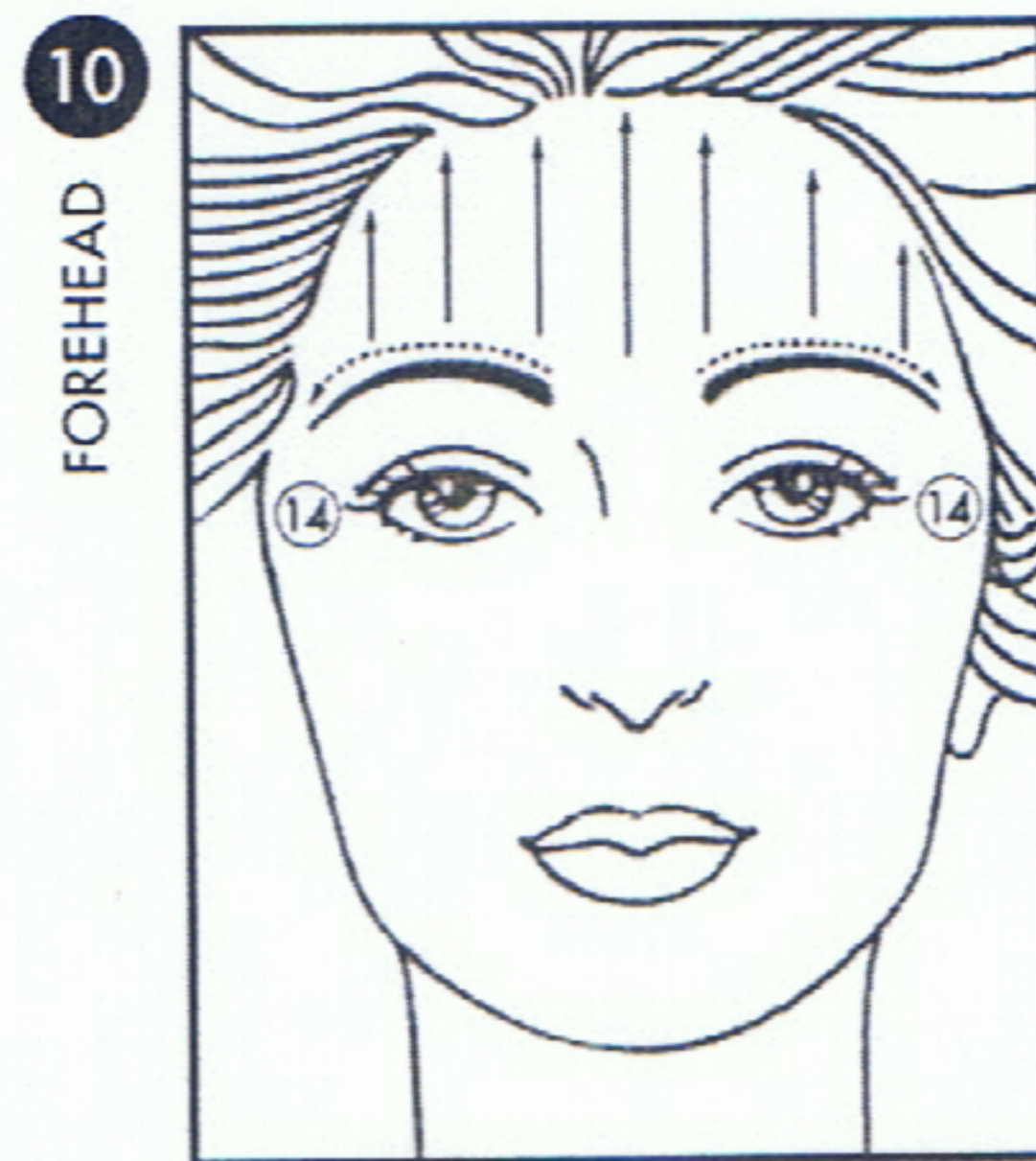
Using the middle fingers of both hands, start at #10 and draw upward, passing through point #7, pause at #6 with light pressure, then continue on to the inside corner of the eye brow (the corrugator muscle) pausing again with pressure. Continue drawing fingertips upward into the hairline with light pressure.
ONE TIME ONLY

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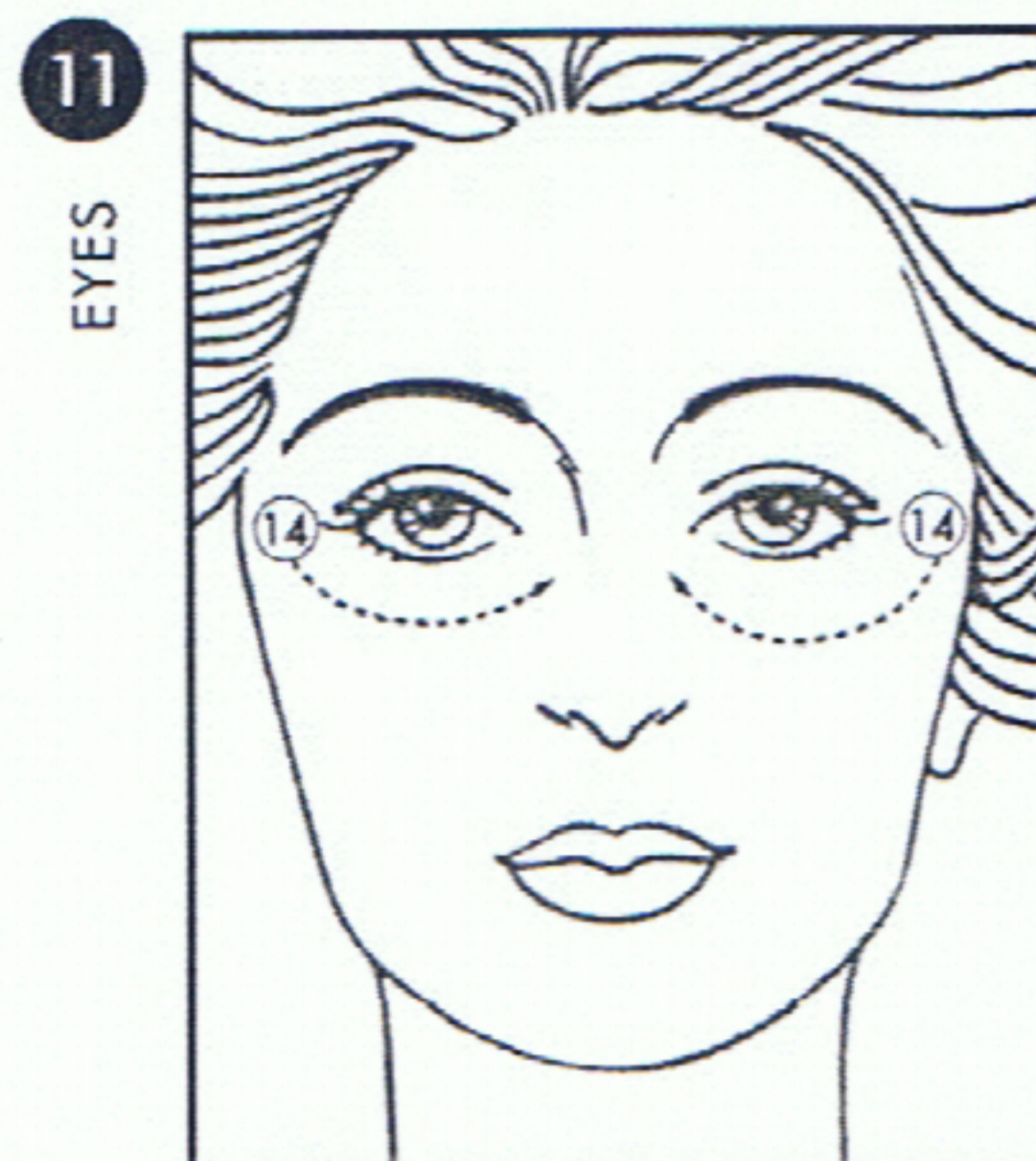
DEEP CLEANSING MASSAGE TECHNIQUE FOR ESTHETICIANS



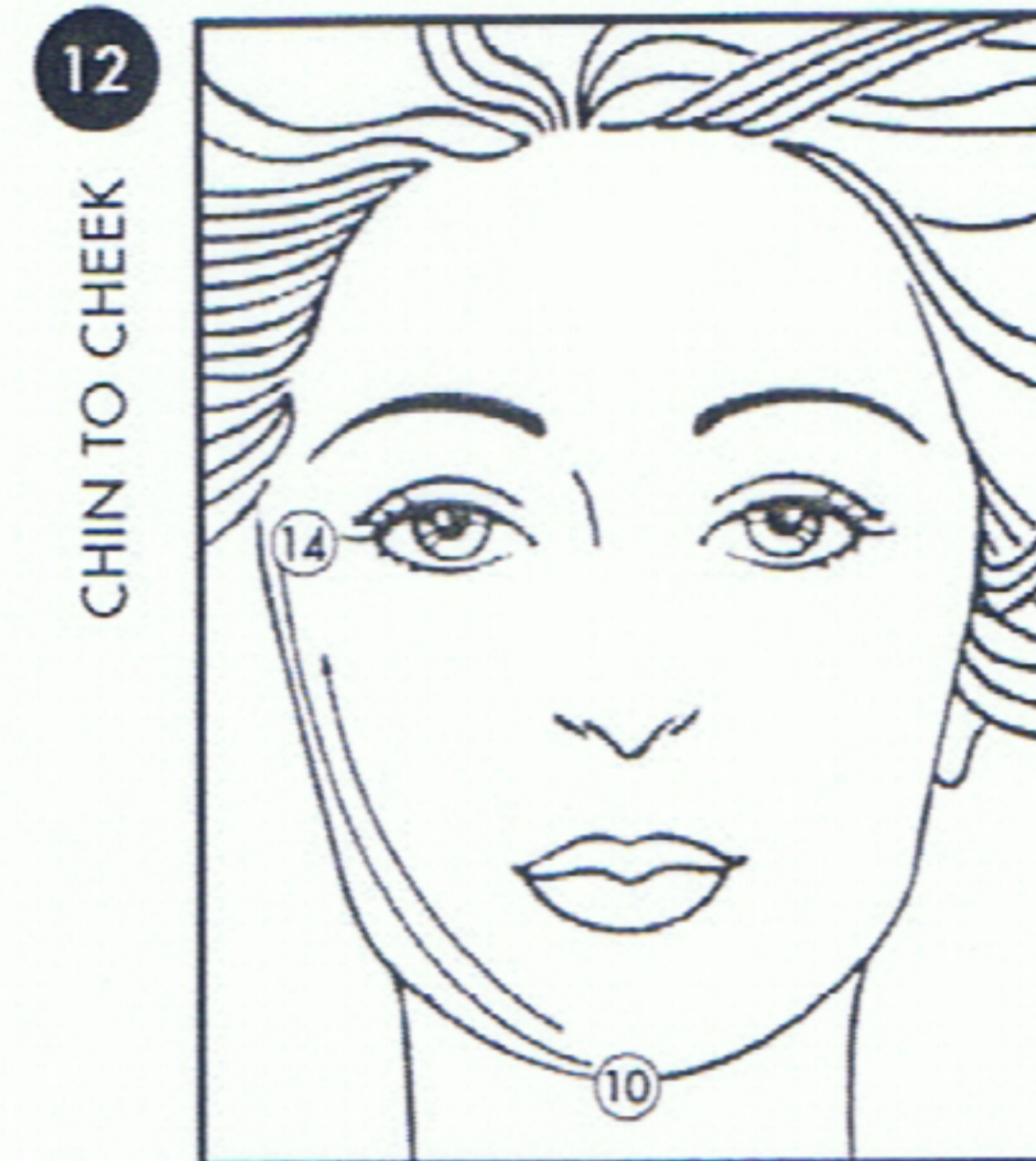
Apply light pressure on the forehead with the palm of the hand using your middle and ring finger as a guide over the bridge of the nose (without touching it). Alternate hands.
REPEAT 5-10 TIMES.



With alternating hands, palms on forehead, lift with a cupping motion. Move back and forth across the entire forehead.
REPEAT 2 TIMES



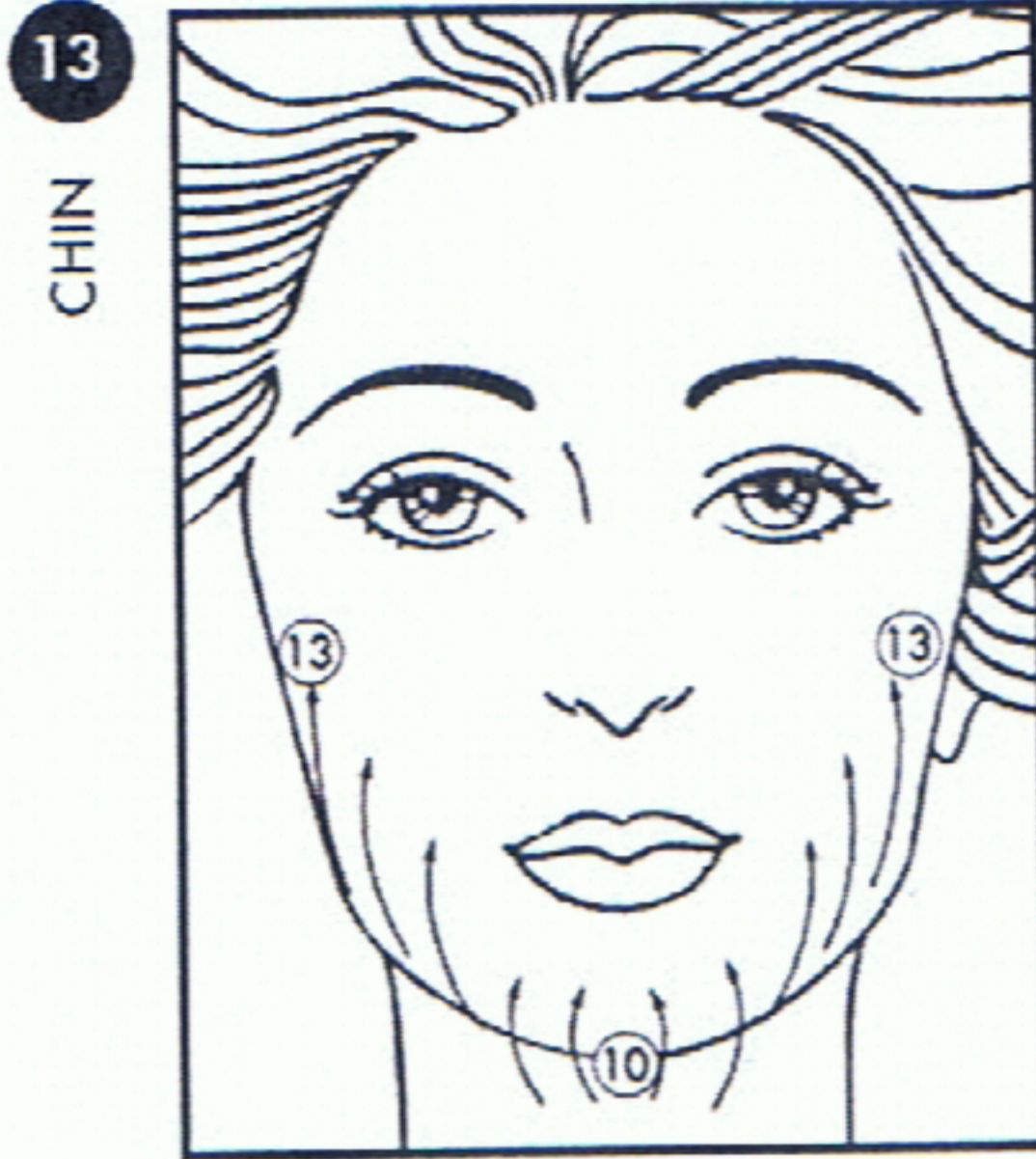
Circle the eyes with middle fingers. Starting at the inner corner of the eye, use a firm pressure along the brow bone out to #14, and pause at point #14 with same pressure. Then use light to no pressure as you circle inward underneath the eyes and back up to the inner corner. Firm pressure out and down. Light or no pressure up and inward. End and hold on #14.
REPEAT 9-12 TIMES



Use entire hand, fingertips and palm. Starting at #10, draw right hand upwards to #14, pausing with slight pressure at the point. Alternate hands.
REPEAT 7-10 TIMES
REPEAT ON OTHER SIDE OF FACE

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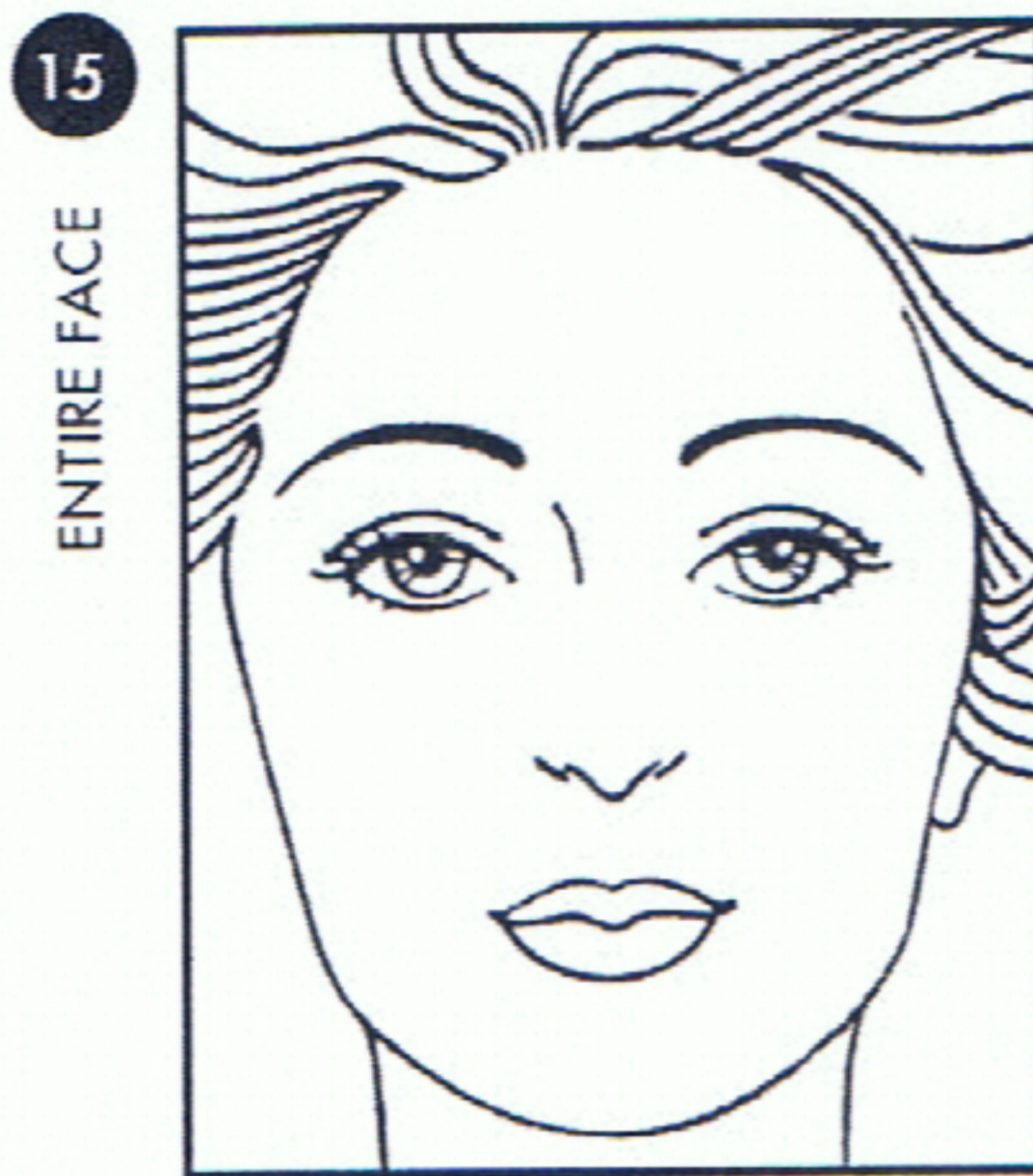
DEEP CLEANSING MASSAGE TECHNIQUE FOR ESTHETICIANS



With the fingertips of both hands, use a gentle upward rolling motion on the soft under side of the chin/cheek area. Start at #10. Move side to side from #13 to #13, ending back at #10. ONE TIME



Starting at #10, with medium pressure, slide up to point #14. Rest at #14 with slight pressure. Take a deep breath. Release. ONE TIME



Cover the entire face with a light tapotement, (tapping with fingertips using the lightest touch). Starting at the hairline, move down the face and neck, ending at the décolleté.



Effleurage over décolleté, using less and less pressure; slowly lose contact. Bright light.