

# PREMIUM LIFT MASSAGE



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Unique combination of the most efficient remodeling and lift techniques inspired by eastern & western massage protocols.

HR associates for the first time the ancestral Japanese rejuvenation protocol **KOBIDO** & to **MANUAL LIFT MASSAGE** for deep tissues reactivation & **FACIAL GYMNASTICS** to tone and tense facial muscles.

# PREMIUM LIFT MASSAGE



Two parts protocol for visible re-shaping & lifting effect

**Facial Gymnastics** to tone & tense facial muscles

**Lift massage** to lift & reactivate deep tissues

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# Facial Gymnastics

## Zone 1: neck & face contour



### TONE NECK & FACE CONTOUR

Join hands, position the pulp of your fingers under client's jaw area. Make client open her

mouth while trying to resist the pressure of your fingers for a few seconds. Apply strong pressure while the jaw line is opening.

Hold this position for 5', relax, then repeat 2x10'

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## Zone 2: lips & contour



### TONE LIPS & CONTOUR

Ask the client to maximum purse her lips as if whistling. Place the pulp of your index and middle fingers horizontally on each side of her upper lip

to locate the contraction of the orbicularis muscle. Ask the client to purse her lips again and to resist the outward tension you apply with your fingers to prevent contraction of the muscle.

Do this exercise for 5', relax, then repeat 2 x 10'

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# Facial Gymnastics

## Zone 3: cheeks



### TONE CHEEKS

Ask the client to press her teeth together and to contract the muscles of her cheeks. Locate the contraction of

masseters muscles with finger tips and strongly press to fight the contraction. Ask the client to relax her jaw line a few seconds and start again.

**Do this exercise for 5', relax, then repeat 2 x 10'**

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## Zone 4: eyes



### a) TONE UPPER EYE LID

Ask the client to close her eyes then place your index fingers on the upper eye lids along the lash line. Ask

the client to open her eyes as wide as possible while your fingertips fight eyes-opening .

**Do this exercise for 5', relax, then repeat 2 x 10'**

**Avoid this exercise for clients wearing contact-lenses**

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# Facial Gymnastics

## Zone 5: forehead



### b) TONE FOREHEAD

Place the finger pulp above client's eyebrows. Locate muscle contraction during lower and lift eye-brow

movements. Push up eye-lid area while the client is trying to resist this movement (frowning down eye-brows)

**Hold this position for 5', relax then repeat 2 x 10'**

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# Lift Massage

## Zone 2: face contours



### **KNEADING MOVEMENTS ON CHIN WITH THUMBS**

With the tip of thumb pad, carry out downwards 'scissor' movements on the whole chin. Come back with a smoothing movement each time. Carry out these 'scissor' movements on 3 lines, starting from below lower lip.

x 5

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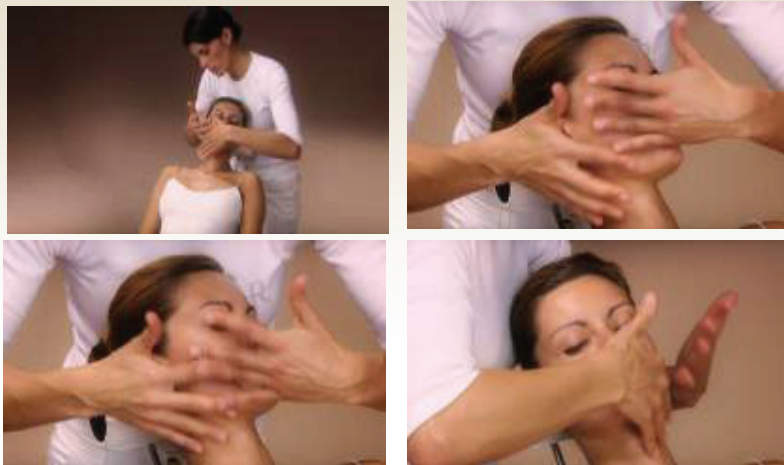


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# Lift Massage

Zone 3: Nasolabial fold, cheeks & cheek bones \_\_\_\_\_




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## **FAN" MOVEMENTS ON JOWLS**

Place your two hands in parallel under the jaw bone then carry out several energizing sweeping movements on the jowls, one finger after another, quickly alternating hands. Carry out the same movements on the other side.

**x 10**

# Lift Massage

Zone 3: Nasolabial fold, cheeks & cheek bones \_\_\_\_\_



## TAPPING MOVEMENTS

**a)** Tone cheeks and cheek bones by energetic tapping (bouncing) movements with the pulp of your fingers. Carry them out with back and return movements: from ears to chin and back to ears. Start along the maxillary bone and progress to the upper face area until under the eyes (3 lines)

**b)** Tone these areas with drumming movements with the finger tips.

x 3 on 4 lines

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# Lift Massage

Zone 3: Nasolabial fold, cheeks & cheek bones \_\_\_\_\_



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## GRASP AND ROLL MOVEMENTS ON CHEEKS AND FACE CONTOUR

Massage one side of the face after the other. Place your left hand on the ear, massage with the other. Take the skin with your thumb and fingertips and carry out grasp and roll movements while sliding towards jaw line (x 3). Reproduce the same movements on 4 lines on the whole cheek area (x 3 on each line). Continue on the other side of the face, changing hands for the movements. **x 3 on 4 lines**



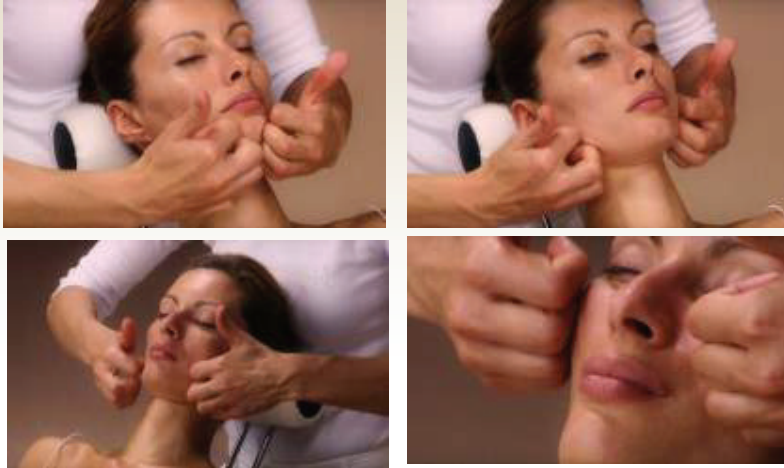






# Lift Massage

Zone 3: Nasolabial fold, cheeks & cheek bones \_\_\_\_\_



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## DEEP KNEADING ON FACE CONTOUR AND CHEEKS

With the back of your knuckles (fingers folded), carry out kneading movements on deep tissues by using your knuckles with circular movements of the wrists.

Stimulate:

- lower part of jaw area: from chin to jaw angle
- jaw area : from chin to ear lobe
- cheek: from corners of the mouth to ear lobes
- under the cheek bone: from the side of the nose to the top of the ears

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x 3 on 4 areas















# Lift Massage

## Zone 6: All face



### a) ENERGETIC LIFTING

Massage one half of the face. Start on left side with alternative and continuous smoothing movements, from centre outwards with the whole surface of the hands, starting from the chin and work progressively to forehead. start from:

- chin (insist on 24VC point) x 5
- corners of the mouth x 5
- upper lip (insist on 26 VG central point) x 5
- side of the nose x 5
- cheek bones x 5 and forehead x 5

# Lift Massage

Zone 6: All face



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**b) ENERGETIC LIFTING CONTINUING**

To go to forehead, revolve your hand above the eye while applying pressure on temple with the thenar eminence x 5

Resume alternative smoothing movements on forehead before massaging the other side of the face x 3

**x 5 on 5 areas**

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