







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



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'

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'

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 naer tips and strongly

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'**

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



Zone 4: eyes & contour



b) TONE EYE CONTOUR

Place the index finger on the brow bone below the eyebrow and your middle finger in the centre of the sk the client to close

lower part of the eyes. Ask the client to close their eyes while your fingers force them open by pushing muscles upwards and downwards with your fingers. Hold this position for 5', relax then repeat 2 x 10'

Avoid this exercise for clients wearing contact-lenses Zone 5: forehead



a) TONE INTER-SUPERCILARY

AREA Ask the client to frown (as if unhappy), locate with finger tips the muscle contraction (above the base of the

eyebrows). Ask the client to continue frowning while your fingertips are pushing in the opposite direction (to fight the frowning).

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



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 eyebrows)

Hold this position for 5', relax then repeat $2 \times 10'$



Zone 1: neck & cheeks



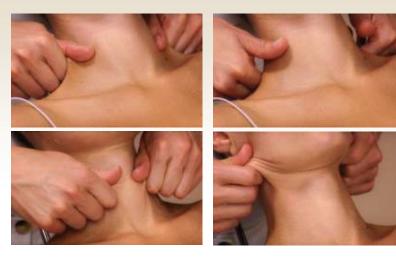
UPWARD SMOOTHING MOVEMENTS ON NECK AND CHEEKS

Place your hands horizontally at the base of the neck and slide them on each cheek alternatively in an upward movements. Glide the hands onto the base of the neck, then the jaw bone, then up to the cheek bone.





Zone 1: neck



NECK STIMULATION

With folded fingers, carry out 4 large twisted pinching movements on both sides of the neck (simultaneously) following 4 lines, starting at the base, then the centre and the upper part of the neck, ending up on the lower part of the jaw bone.

Finish with a draining movement by gliding the two sides of the neck with your finger tips, from the angle of the ears to the shoulder blades.

x 3 on 4 lines



Zone 2: face contours



FACE CONTOUR LIFTING MASSAGE

Place your thumb pad on the chin and the pad of the other fingers under the chin. Glide firmly and alternatively on each side of the face, holding the whole jaw bone (from chin to ears) using all the strength of your fingers.



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.



Zone 3: Nasolabial fold, cheeks & cheek bones_



Grasp and roll movements on nasolabial fold

Take the skin with your thumb and index finger and carry out grasp and roll movements along the nasolabial fold, starting from the side of the nose to the corners of the mouth. Come back with a firm smoothing movement to starting point at the side of the nose.



Zone 3: Nasolabial fold, cheeks & cheek bones_



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.



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



Zone 3: Nasolabial fold, cheeks & cheek bones_



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



Zone 3: Nasolabial fold, cheeks & cheek bones



KOBIDO

Start on the left side of the face with simultaneous movements. Deeply massage cheek muscles with both hands, starting at the lower part of cheeks. Right and left hand are carrying out different (but coordinated) movements:

right hand: twisted upward pinching movements with thumb, index and middle fingers

<u>left hand:</u> deep smoothing and sliding movements, alternatively moving thumb and index finger.

x 3 on 4 lines all over the cheek area:

- face contour: from chin to jaw area
- upper part of jaw area: from lip corners to ear lobe
- middle of the cheek: from nasolabial fold to ear
- upper part of cheek bone: from nostril to ear -on cheek bone: from nose to temple

Continue Kobido massage movements on the other side of the face, alternating hands.



Zone 3: Nasolabial fold, cheeks & cheek bones



STIMULATING MASSAGE ON CHEEKS

Carry out a firm sliding movement vertically with finger pad, from chin towards the upper part of cheek then horizontally towards the ear, before going down to jaw bone.



Zone 3: Nasolabial fold, cheeks & cheek bones_



UPWARD SMOOTHING MOVEMENTS ON CHEEKBONE

Seize the cheek near the nose with your fingers. Carry out a firm gliding movement on one side of the face then the other, trying to lift the cheek bone up to the maximum.



Zone 3: Nasolabial fold, cheeks & cheek bones_



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



Zone 4: Eyes



KNEADING MOVEMENTS ON EYEBROW MUSCLES

Seize eyebrow muscle with index and thumbs and carry out kneading movements on the whole length of eyebrows.

Do the same with other eyebrow.



Zone 4: Eyes



SMOOTHING EYE CONTOUR

Apply firmly smoothing movements with fingertips from the inner part of the eye towards the temple then apply this movement more lightly from above the eyebrow to the inner corner of the eye. When passing on the inner corner of the eyes, apply a pressure on a point situated at the base of the eyebrow.



Zone 4: Eyes



ACUPRESSURE ON EYE CONTOUR

- With your middle fingers stimulate V2 points (Bladder meridian at the inner corner of the eyes, under the inner corner of eyebrows)

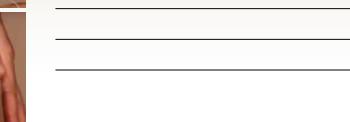
- TR 23 point (meridian of the Triple Calefactor situated at the end of the eyebrows)

- VB 1 point (Gall bladder meridian) at the outer ______ corner of the eye



Zone 4: Eyes





DRAINING MOVEMENTS ON EYE

- With the pads of the thumbs, drain the upper part of the upper eyelid from inner to outer corner.

a - Continue draining movement on lower eyelid from inner to outer corner.

b - Complete by a firm and upward smoothing movement on crow's feet



Zone 5: Forehead



KNEADING MOVEMENTS ON FOREHEAD

Carry out upward 'scissor' movements with the pad of the thumbs, covering the whole surface of the forehead. Begin at hair line towards eyebrows then back; carry a smoothing movement up to hair line. Insist 3 times at the centre of forehead to deeply massage the frown lines then move from one temple to another before coming back to the centre.

x 3 on center, 1 back and forwards



Zone 5: Forehead



SMOOTHING MOVEMENTS ON FOREHEAD

Smooth forehead with thenar eminence from centre to temples.

End with a gliding pressure along hair line then along nasolabial folds to shoulder blades.

x 5



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



Zone 6: All face



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



Zone 6: All face



c) ENERGETIC LIFTING CONTINUING

Finish with a global simultaneous smoothing movement from forehead to shoulders and end the Lift massage, apply a pressure on both sides of client's shoulders.