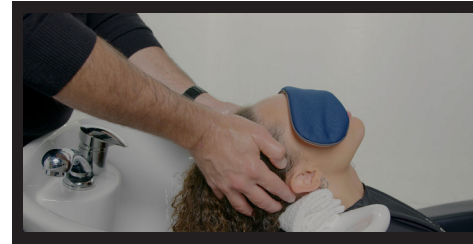


ANTI-FRIZZ MASSAGE STEP-BY-STEP

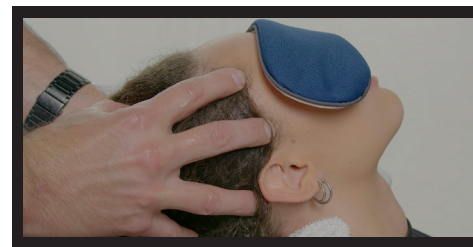
STEP 1 :

Press your hands on either side of client's scalp. Ask them to take 2 deep breaths; as they exhale, slowly press your hands together with a gentle compression stroke. This technique helps your client focus by bringing their awareness into the body.



STEP 2 :

Using five fingers of one hand while stabilizing head with other hand, use slow-motion starting with the fingertips together, spread the fingers out to massage the scalp, then bringing the fingers back together. Massage each area for about 5 seconds until you cover the entire scalp. This technique helps to soothe the muscles of the scalp.



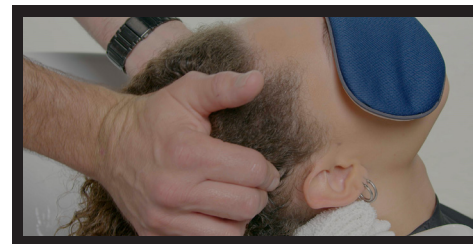
STEP 3 :

Massage the scalp using a pinching technique with the thumbs. Start along the hairline at the midline with your thumbs facing each other about a centimeter apart. Press thumbs together lifting the scalp tissue. Continue the technique at a moderate pace along the midline until you reach the back of the head. Repeat the technique with 4 more lines (2 on each side of the midline) to cover the entire scalp. This technique relaxes muscle tissue and stimulates surface circulation.



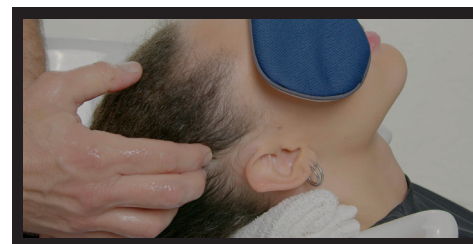
STEP 4 :

Using palms of both hands, massage scalp with slow circular friction motions (the scalp tissue should move with the palms rather than gliding over the scalp). Alternate using both hands at the same time, then using one palm while stabilizing the scalp with the other hand repeating until you cover the entire scalp. This technique is soothing and relaxes muscles tissue.



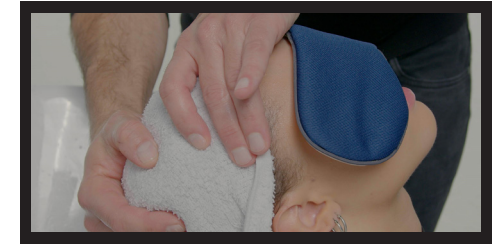
STEP 5 :

Massage GB8; Gall Bladder 8, located a fingers width above the top of ear using circular friction motions. This point help is calming and can help alleviate headaches.



STEP 6 :

Place one warm towel over the scalp & face (optional). Use a slow compression with the palms of hands over the towel starting with a light pressure and gradually increasing pressure for 2-4 seconds. Repeat several times to cover the scalp. The heat helps calm the mind and body while the compression is soothing.

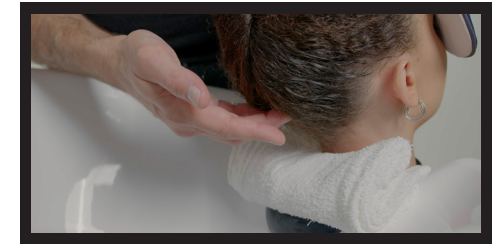


STEP 7 :

Massage these pressure points along the occipital ridge with circular friction motions, then rinse.

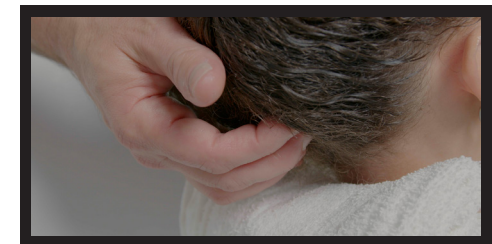
GV 16:

Governing Vessel 16, the center of occipital ridge located along the midline at the occipital ridge posterior to the external occipital protuberance. This is the main energy channel that runs up along the midline of spine.



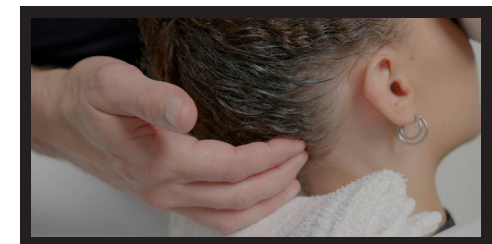
B 10:

Bladder Meridian 10, one finger's width lateral on either side of the occipital ridge.



GB 20:

Gall Bladder 20, the corner nape areas that are to one finger's width lateral of B10 on either side of the occipital ridge.



Rinse treatment. Style as desired.

