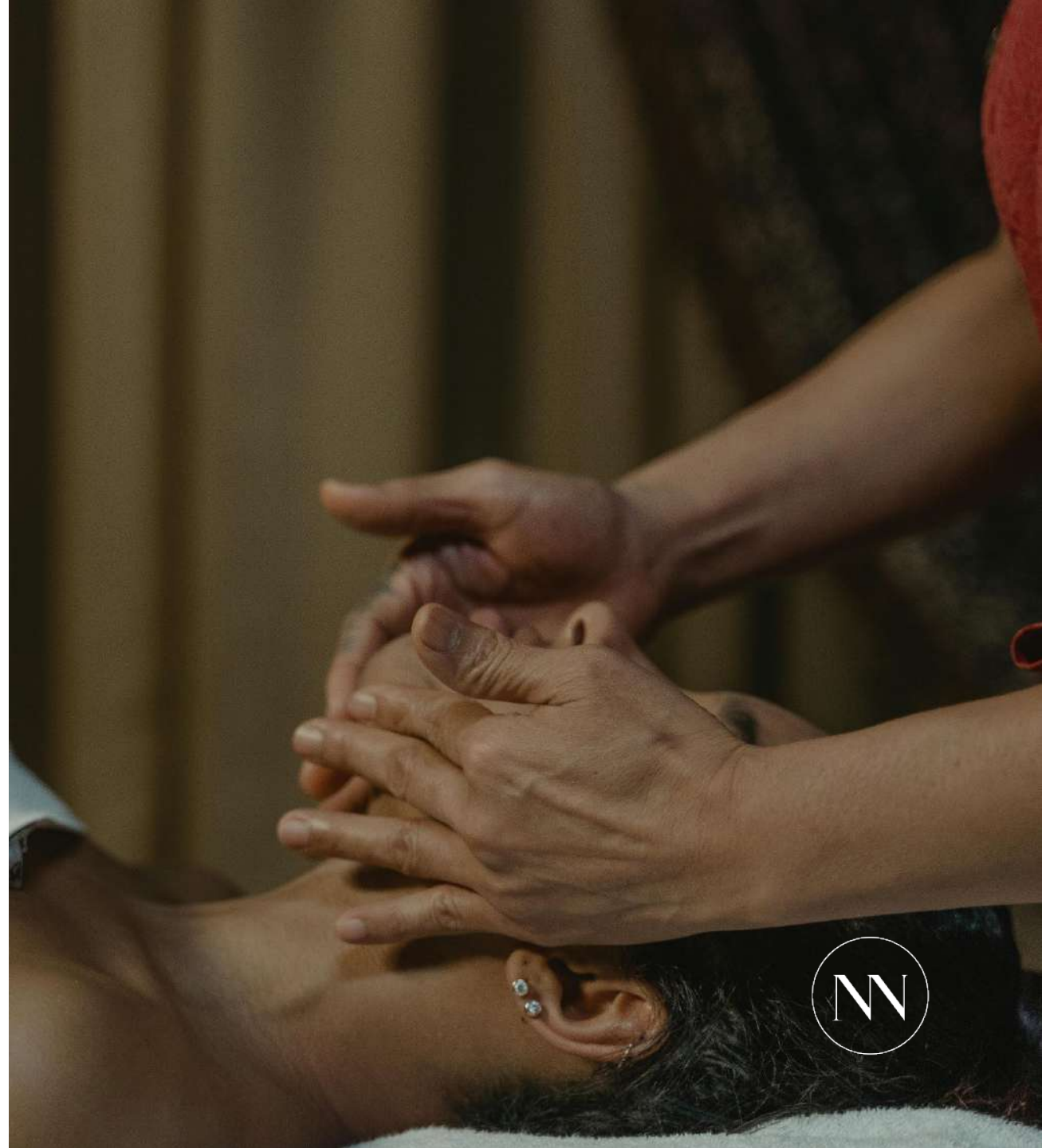
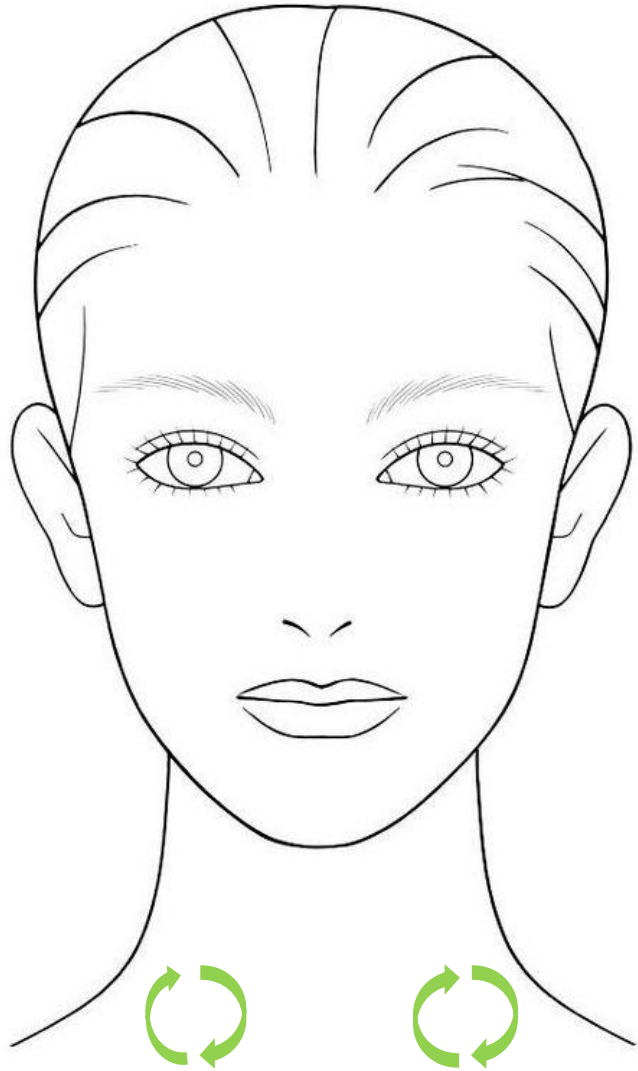


NANNIC
SKINCARE BY SCIENCE

MANUAL MASSAGE

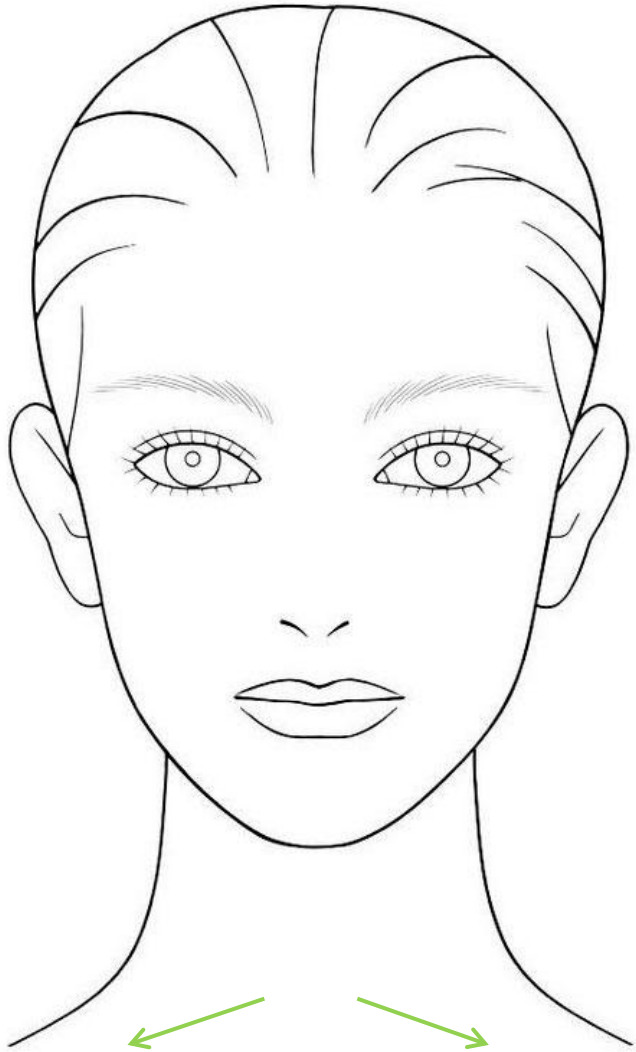




Part 1: Manual Facial Lymphatic Massage

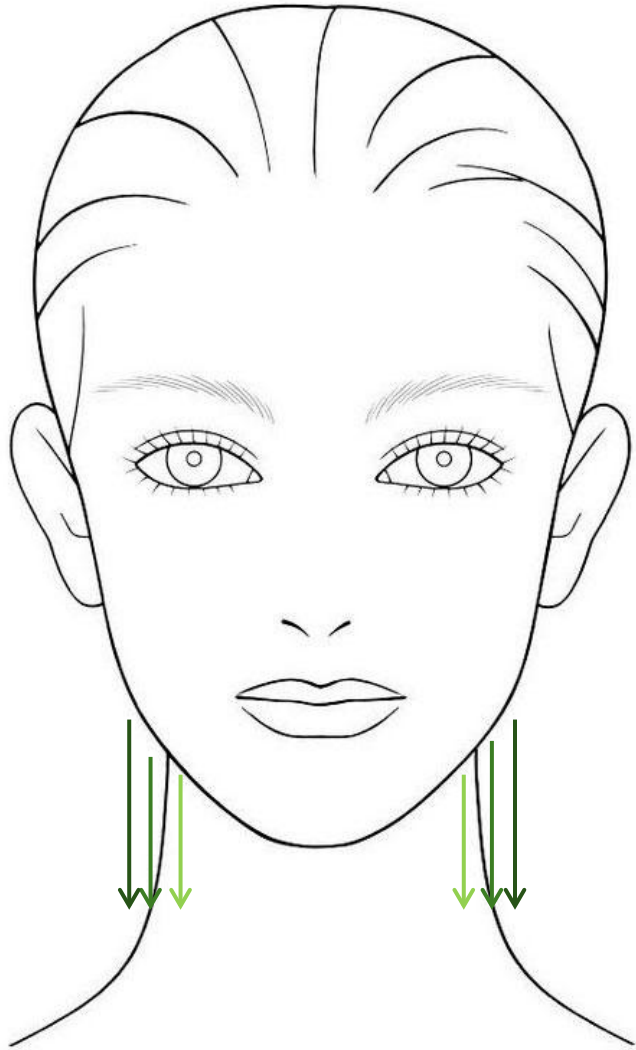
Open up the lymph node area above the heart, below the collarbone. Use gentle, circular motions without applying pressure. Make sure the skin moves along with your hands so that the lymph capillaries are stimulated, thereby activating the lymphatic system.





Palpate the area below the collarbone. Gently press the soft tissue just below the collarbone with light pressure. Move along the collarbone in a pumping motion, working from the inside out.

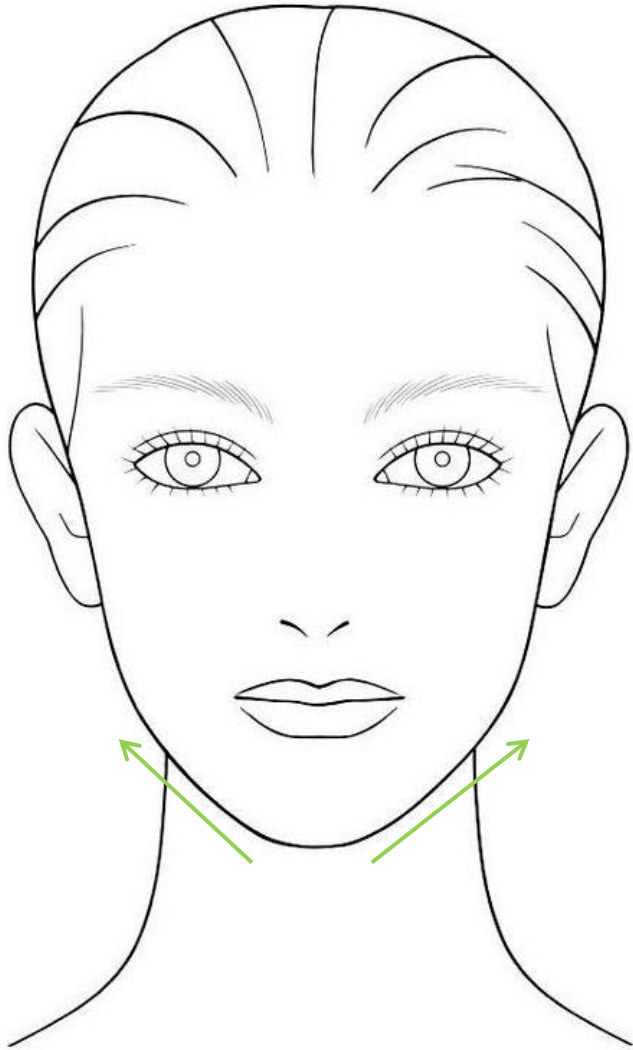




Clearing the neck.

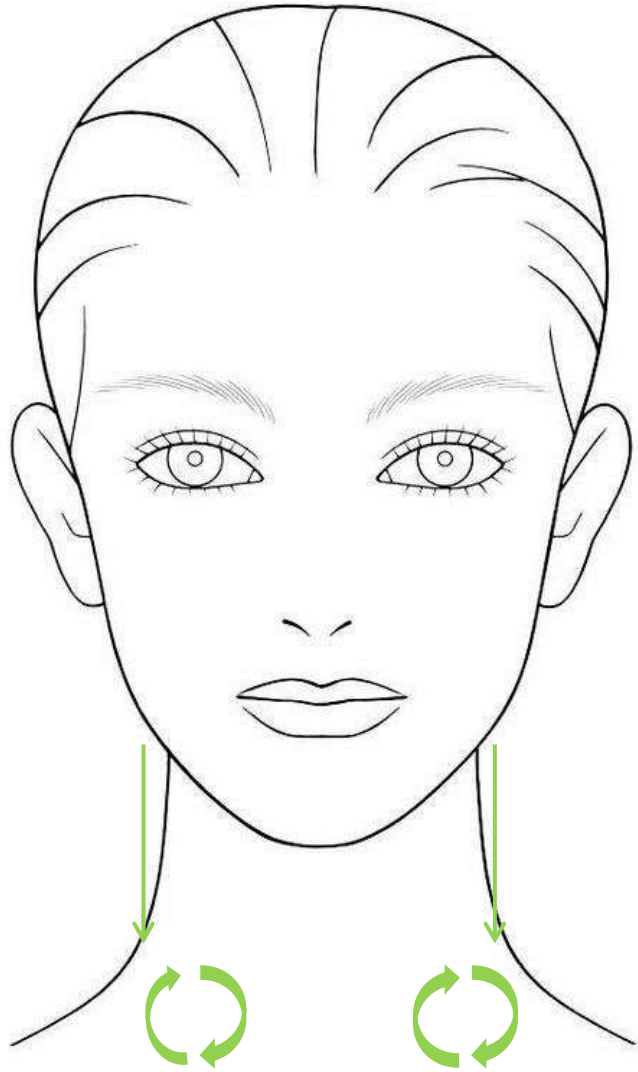
Here, we work on three different sections side by side. We start with the light green section, beginning just behind the ear, and work gently downward in a circular/pumping motion without applying any real pressure. Make sure the skin moves smoothly with each stroke, and continue this way all the way to the collarbone. The darker green section is right next to it; we'll do that as the second one, and the darkest one starts just at the back, under the edge of the occipital bone; we go straight down until we reach the collarbone here as well.





Feel just behind and below the jawline to stimulate all the lymph nodes. Gently press on the soft tissue behind the jawline, just as you would on the collarbone. Work your way from the chin along the entire jawline to behind the ear using a pumping motion.

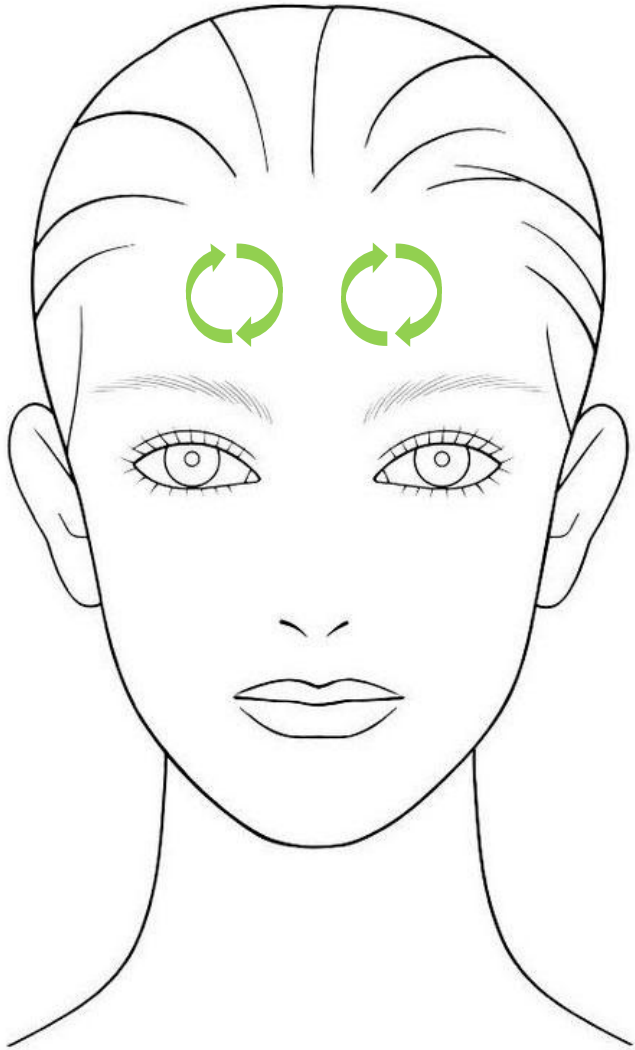




Now that the entire neck and décolletage area has been stimulated, we will direct energy from this area toward the terminus above the heart, in order to clear the pathway for everything we will release in the face next.

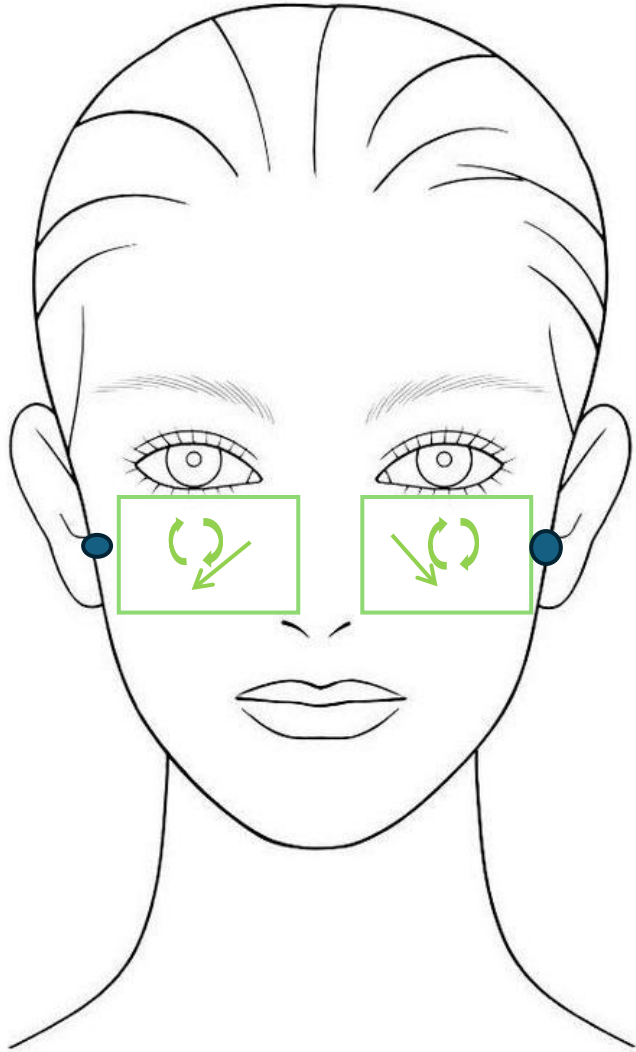
We will resume making pumping/circular movements, starting behind the ear and ending at the collarbone. We will then rotate at the terminus.





We'll continue stimulating the lymphatic system and flushing out toxins on the forehead. Here, too, we'll use circular, pumping motions, working from the center of the forehead toward the ear.

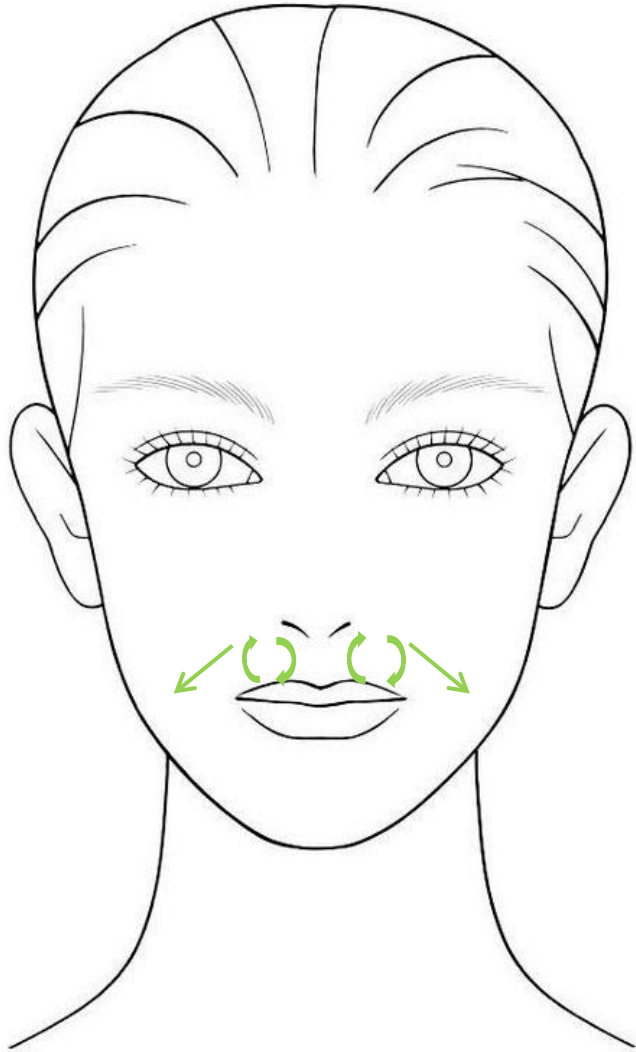




Drain fluid from under the eye.

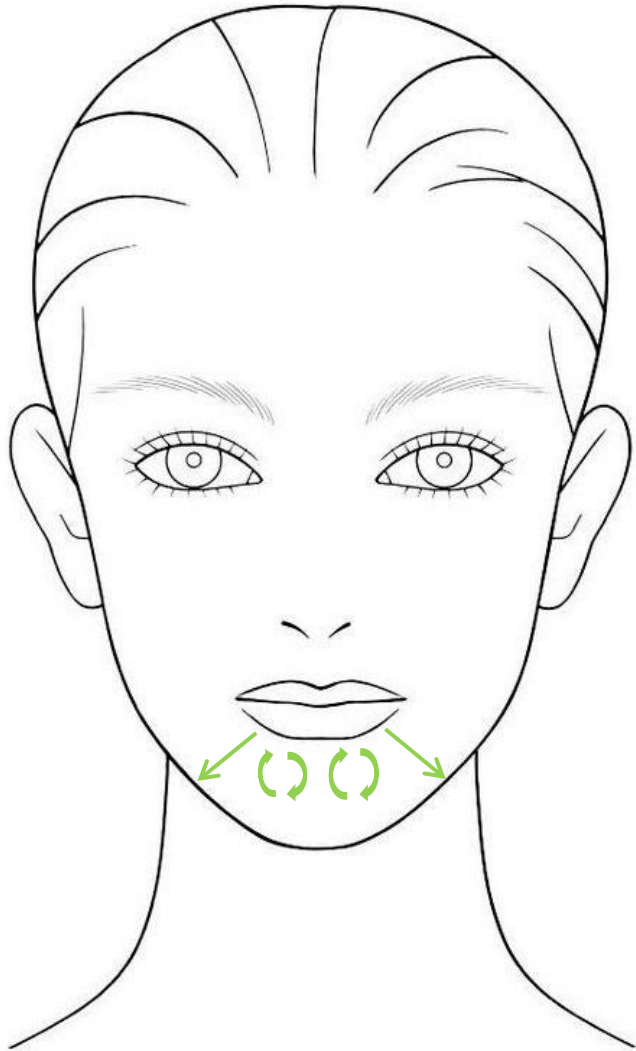
Use circular or pumping motions here as well. Don't make the circles too large; instead, work very precisely from under the eye toward the point in front of the ear. Work your way through the entire square-shaped area to effectively drain the fluid into the lymphatic vessels.





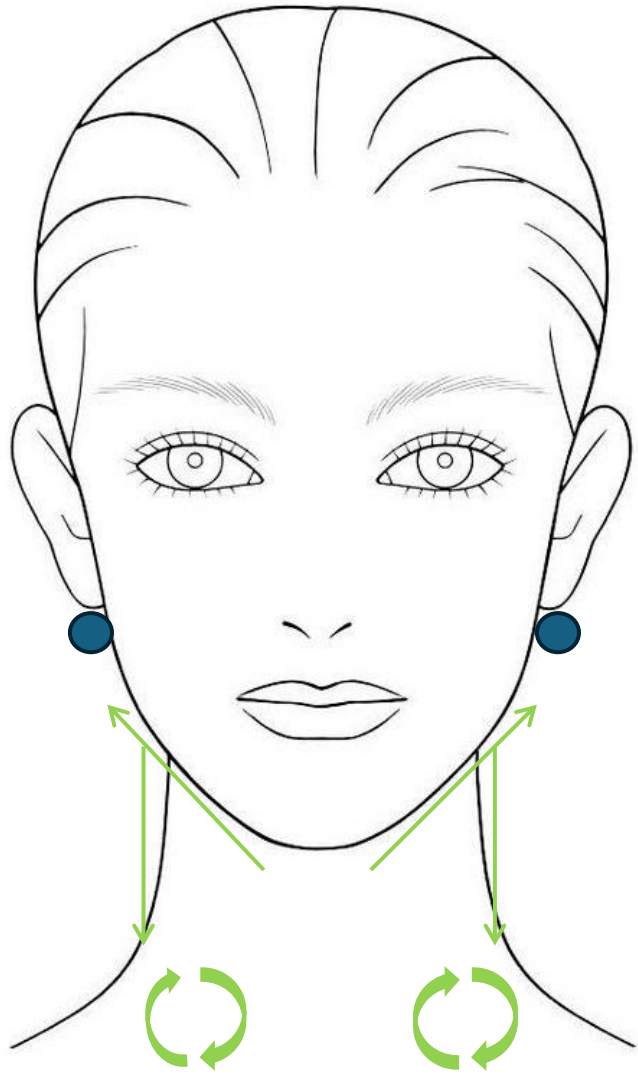
Here, we'll continue exactly as described above. Although we'll now start at the nose wing and work toward the jawline, be sure to include the upper lip as well.





With both hands flat, use a circular/pumping motion on the lower jaw/chin, moving downward toward the heart.

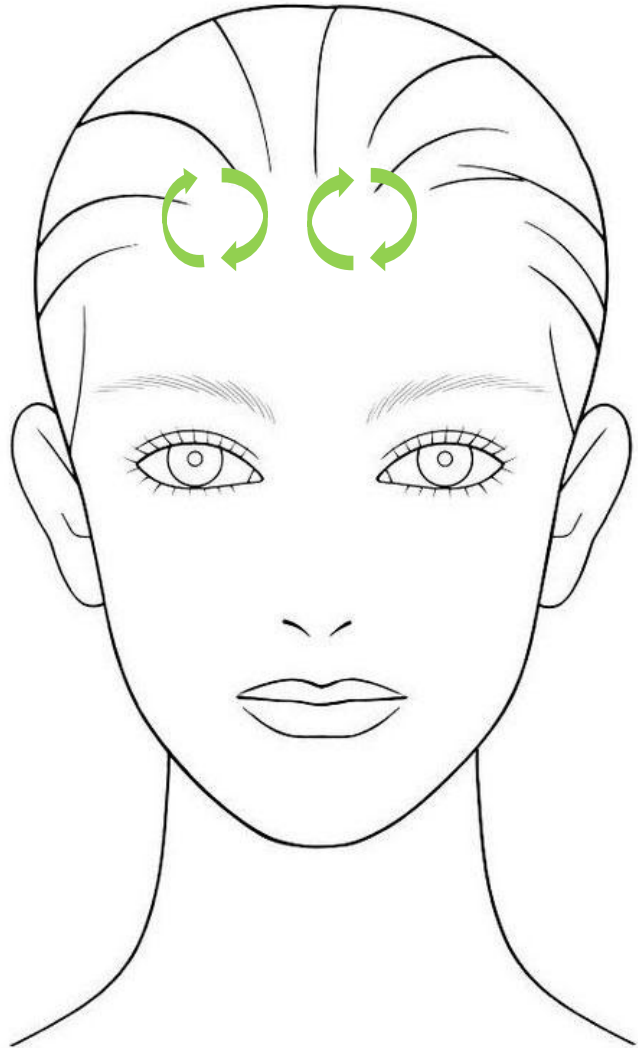




Now drain everything we have released from the face.

Start with gentle, circular movements from the chin toward the point behind the ear. From behind the ear, along the neck to the collarbone. Then finish with larger circular movements at the point above the heart.





Part 2: Facial Connective Tissue Massage

The right amount of pressure = place your fingertips on the area and press until the white part of your fingernail becomes visible.

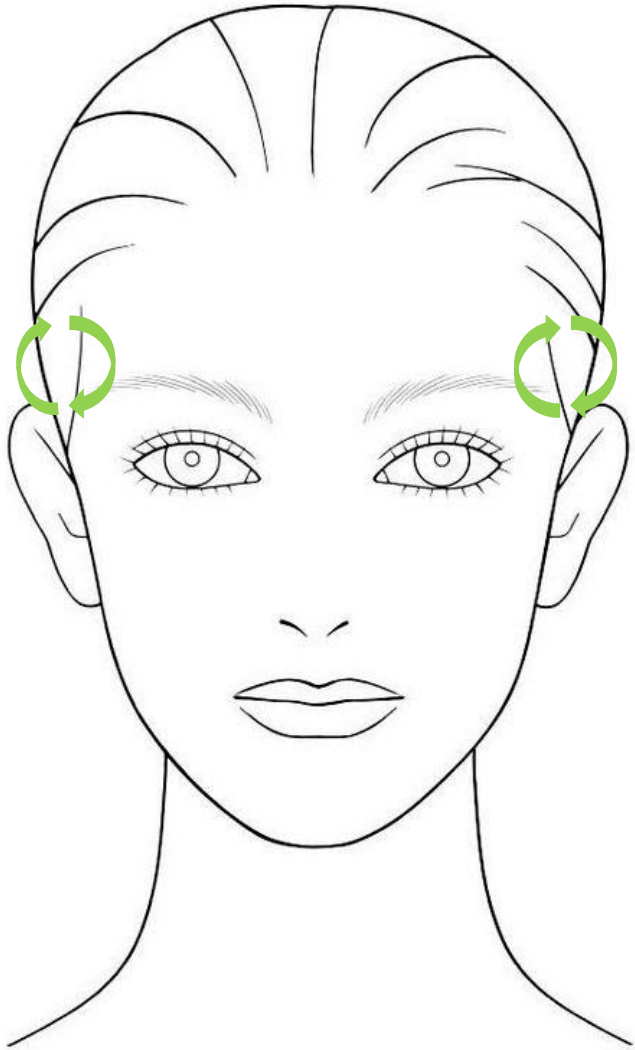
Make circular motions just below the hairline, on the upper part of the forehead.

If the skin turns slightly red, we stop and check for a pulse at this point.

CAUTION!

If the skin is red but we still don't feel a pulse: Continue working on the next area and note this in the client file. Continuing to work toward a stronger pulse at this stage could damage the connective tissue. This also applies to all subsequent steps!





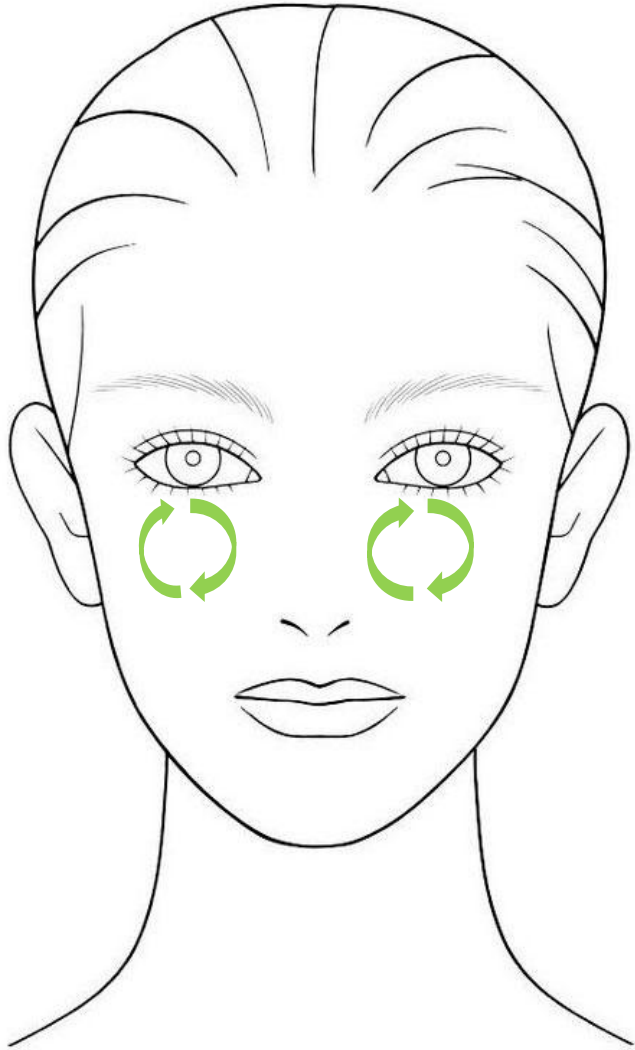
Perform the same circular motions in the soft indentation at the temples.

Apply downward pressure and release upward, until the area turns a soft red here as well.

Check again to see if there is a pulse.

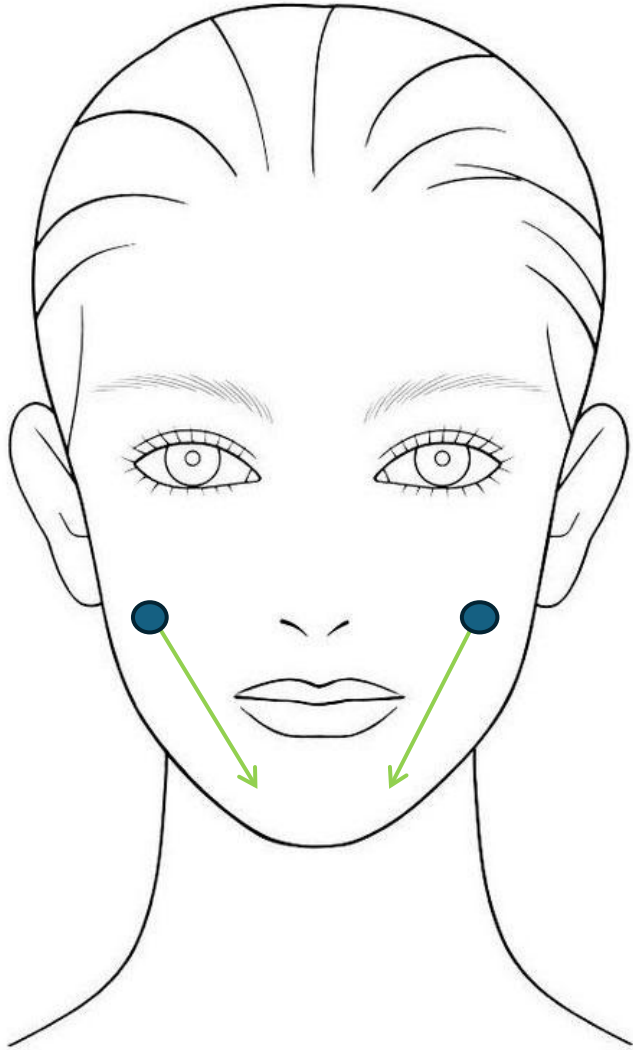
Feeling a **pulse** is a **good sign**, meaning that everything has been properly loosened and blood flow is optimal again = supple connective tissue = free flow for the lymph.





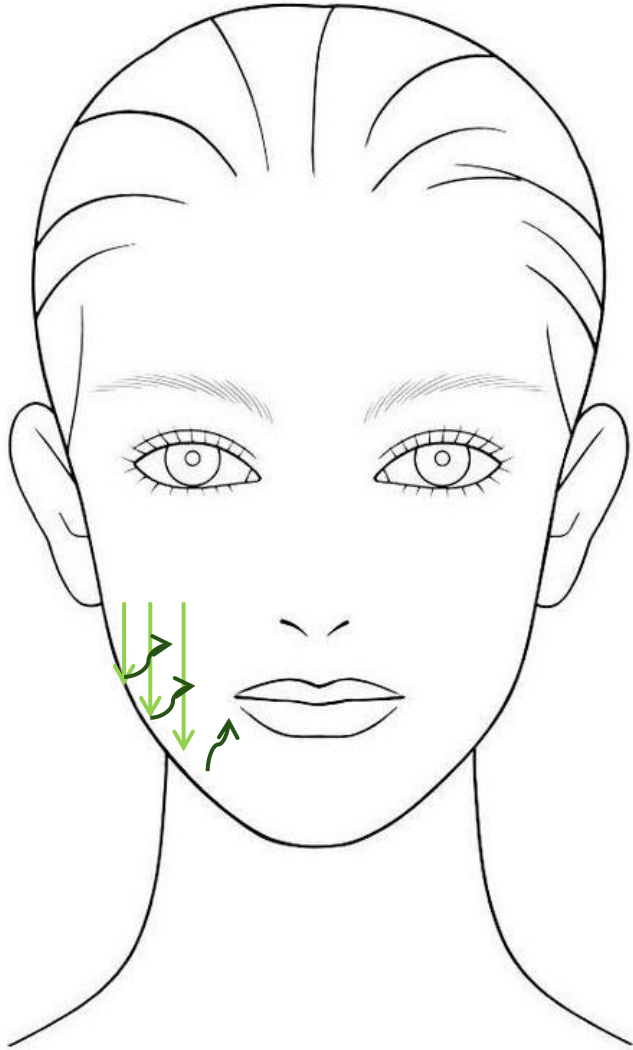
Perform the same movement under the eyes as well. Apply pressure as you move along and under the cheekbone; without pressure, move along the cheekbone and back up over it. Always check for a pulse.





Perform the same movement under the eyes as well. Apply pressure as you move along and under the cheekbone; without pressure, move along the cheekbone and back up over it. Always check for a pulse.



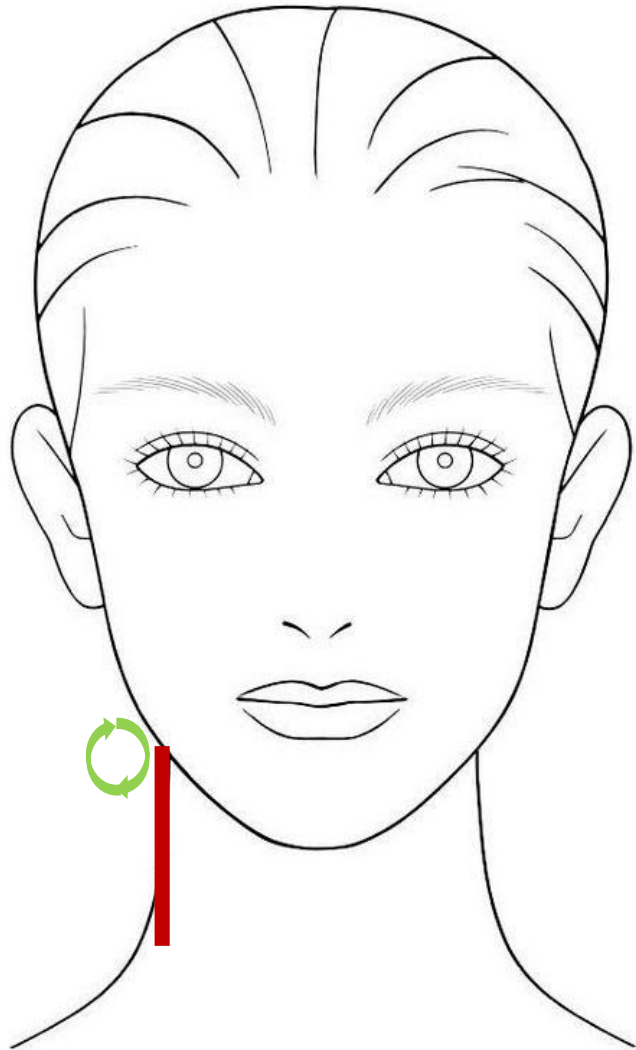


Turn your head to the left and rest it on your left ear.

Place your thumb and index finger under your cheekbone and use kneading motions toward the jawline, with your thumb gently lifting the skin upward. Work your way across the entire area between the side of your nose and your ear.

Next, use your thumbs to roll the skin all the way up from the jawline to the cheekbone, lifting as you go. Again, work your way across the entire area until the skin turns a soft red and you can feel a pulsation.

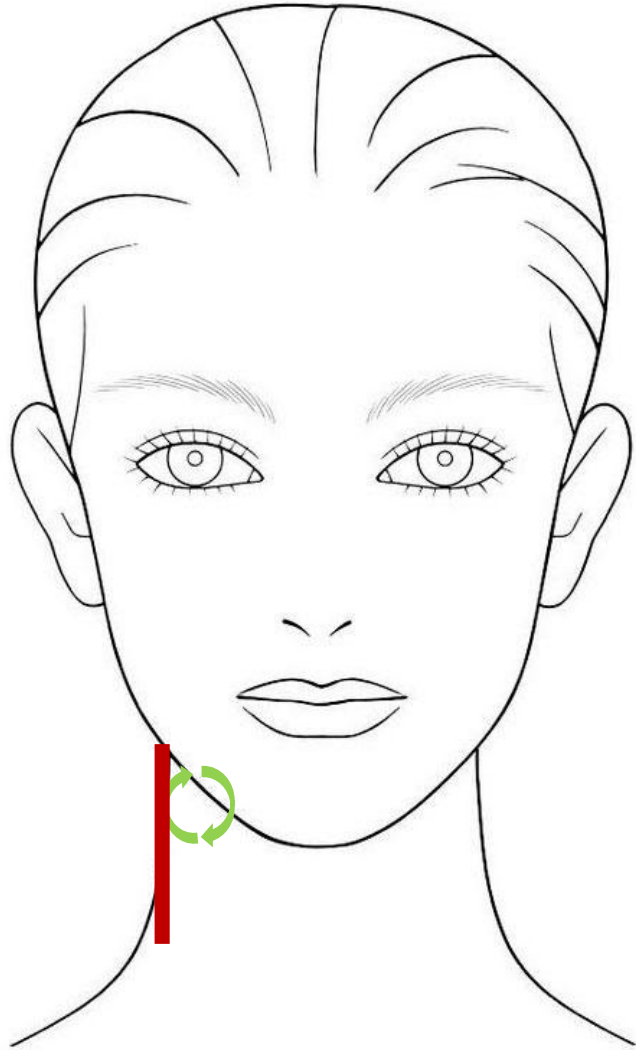




Keep the head resting on the left ear. You can feel and see the sternocleidomastoid muscle rise as you turn the head.

We start on this side **to the right** of the muscle and feel a small indentation there, just below the edge of the back of the head. Make circular movements here, applying downward pressure but no upward pressure. This is often a very sensitive spot.

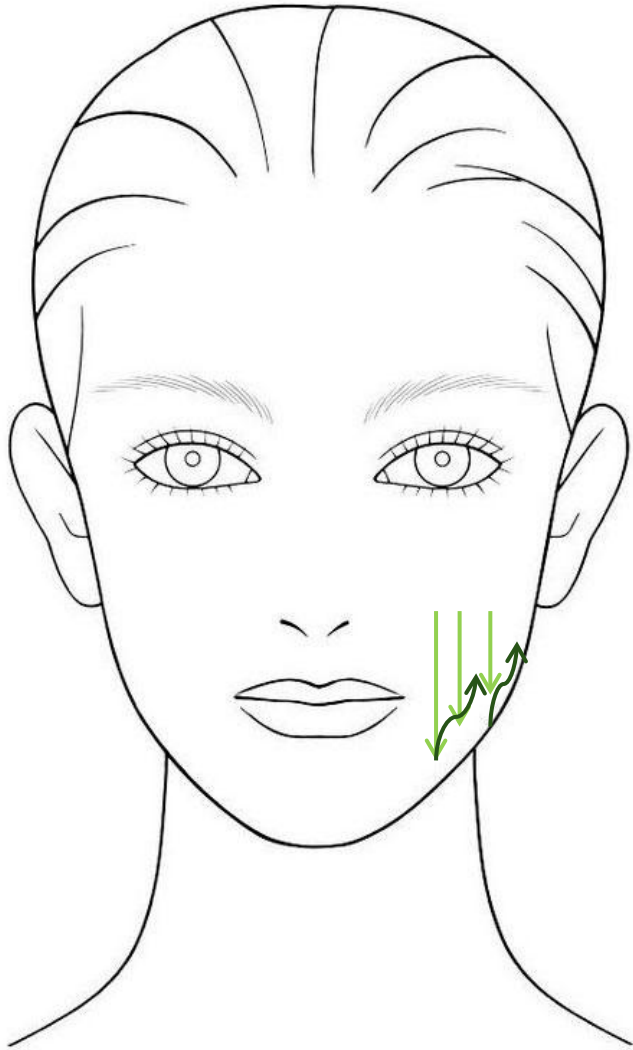




Keep your head resting on your left ear. You'll feel the sternocleidomastoid muscle rise noticeably as you turn your head.

We'll now start **on the left** side of the muscle and feel a small indentation there, just below the jawline. Make circular movements here, applying downward pressure but no upward pressure.





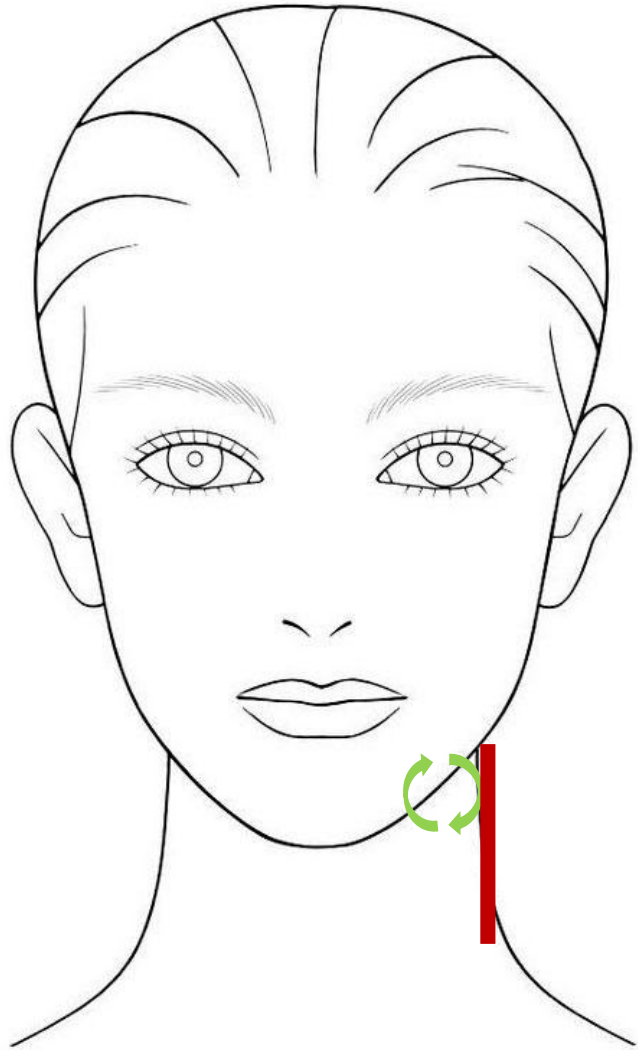
Turn your head to the right and rest it on your right ear.

Do the same on this side of the face.

Place your thumb and index finger under the cheekbone and use kneading motions toward the jawline, with your thumb constantly lifting the skin upward. Work your way across the entire area between the side of the nose and the ear.

Next, use your thumbs to roll the skin all the way up from the jawline to the cheekbone, lifting as you go. Again, work your way across the entire area until the skin turns a soft red and you can feel a pulse.

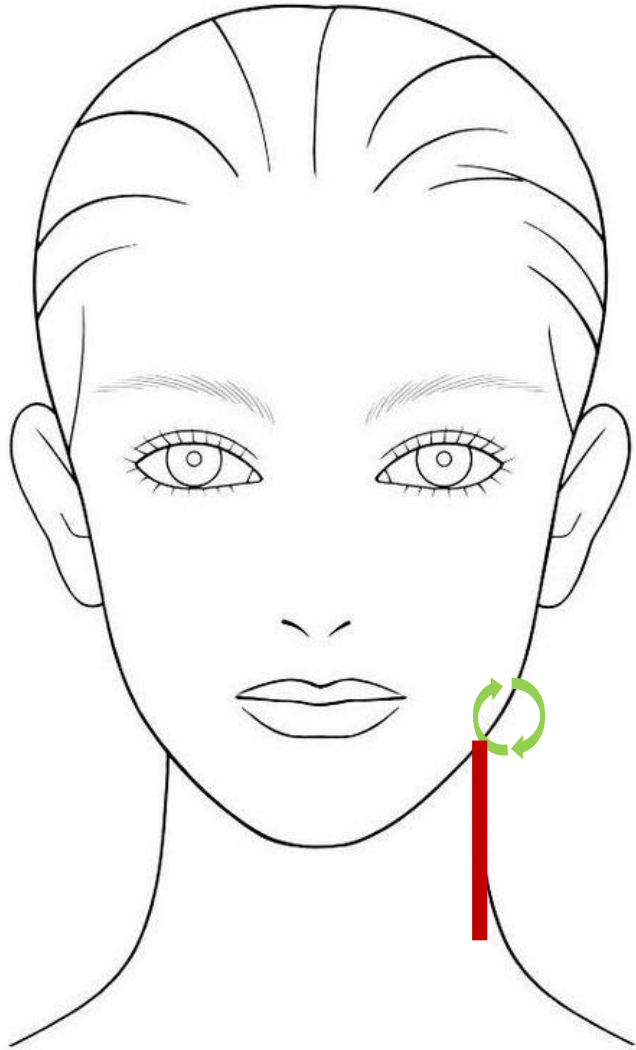




Keep your head resting on your right ear. You'll feel the sternum-clavicle-nipple muscle rise visibly here as you turn your head.

On this side, we also start **to the right** of the muscle and feel a small indentation there, just below the jawline. Make circular movements here, applying downward pressure but no upward pressure.

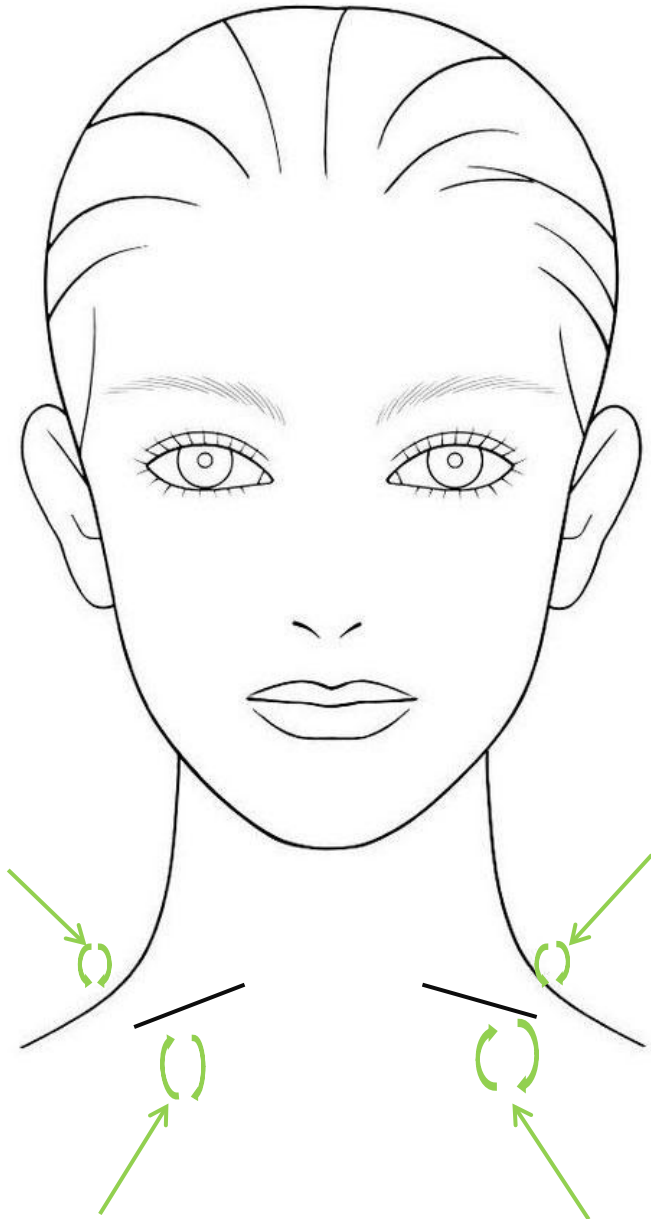




Keep your head resting on your right ear. You'll feel the sternum-clavicle-nipple muscle visibly rise as you turn your head.

We'll now start **to the left** of the muscle and feel for a small indentation there, just below the edge of the back of the head. Make circular movements here, applying downward pressure but no upward pressure. This is often a very sensitive area.





Turn the client's head back so that their face is facing upward.

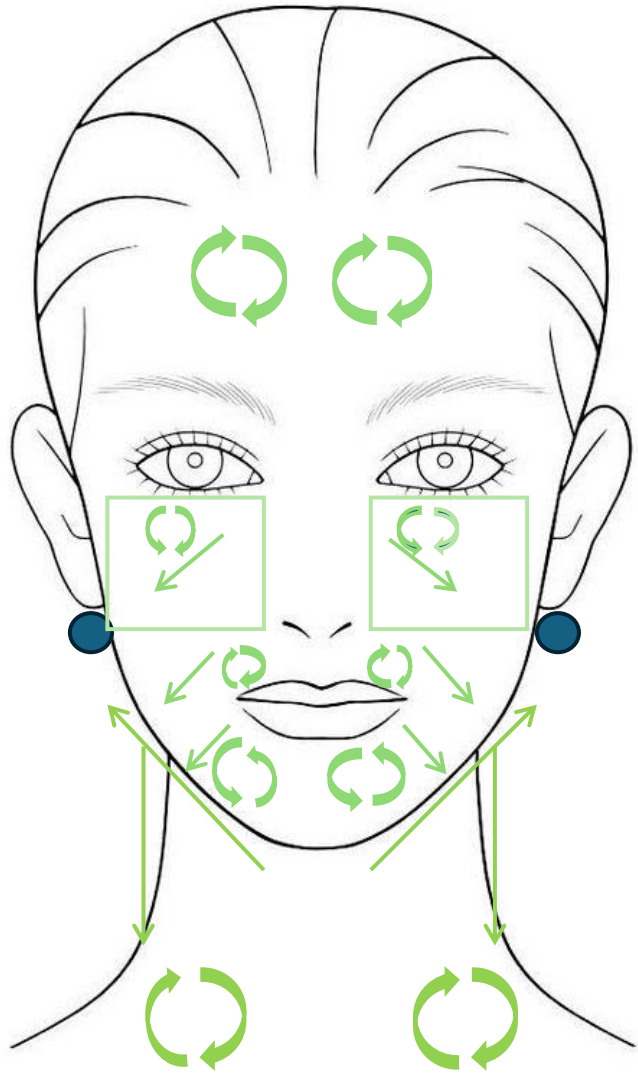
Place your thumb at the back of the trapezius muscle and your index, ring, and middle fingers just below the collarbone on the soft tissue.

Apply firm, downward twisting motions here. Use your thumb as well!

This can be quite sensitive.

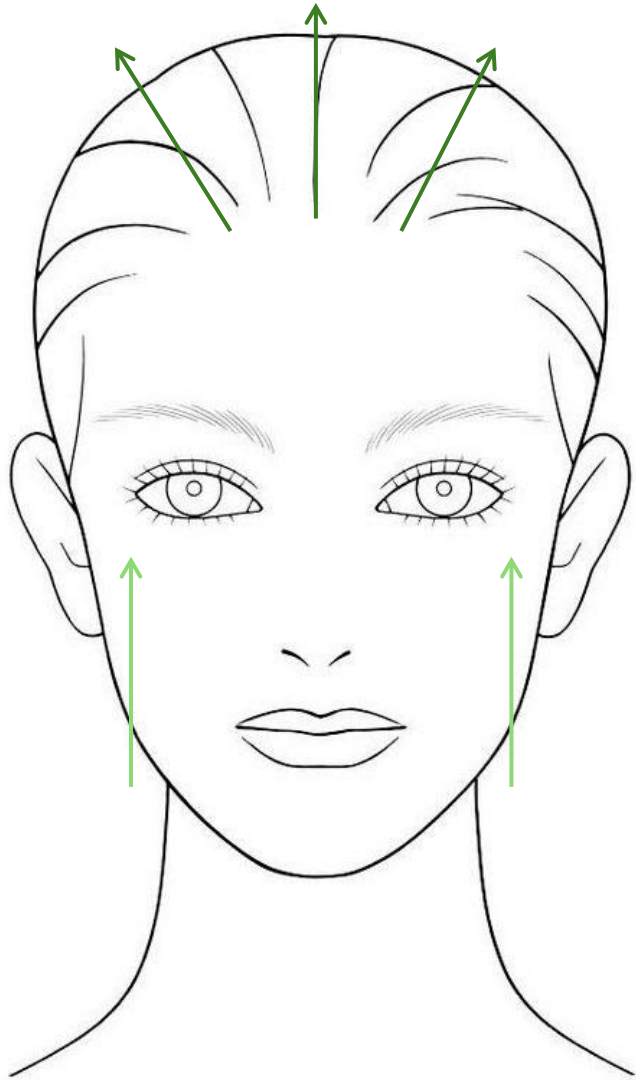
There is often a lot of tension in the trapezius muscle.





Now repeat the entire process one more time using manual lymphatic drainage. Starting at the forehead. Downward under the eye to just in front of the ear, along the side of the nose to the corners of the mouth and down to the jawline, and from the corners of the mouth/chin also down to the jawline. From the chin, along the jawline, to behind the ear. From behind the ear to the collarbone, and finish by rotating at the terminus.

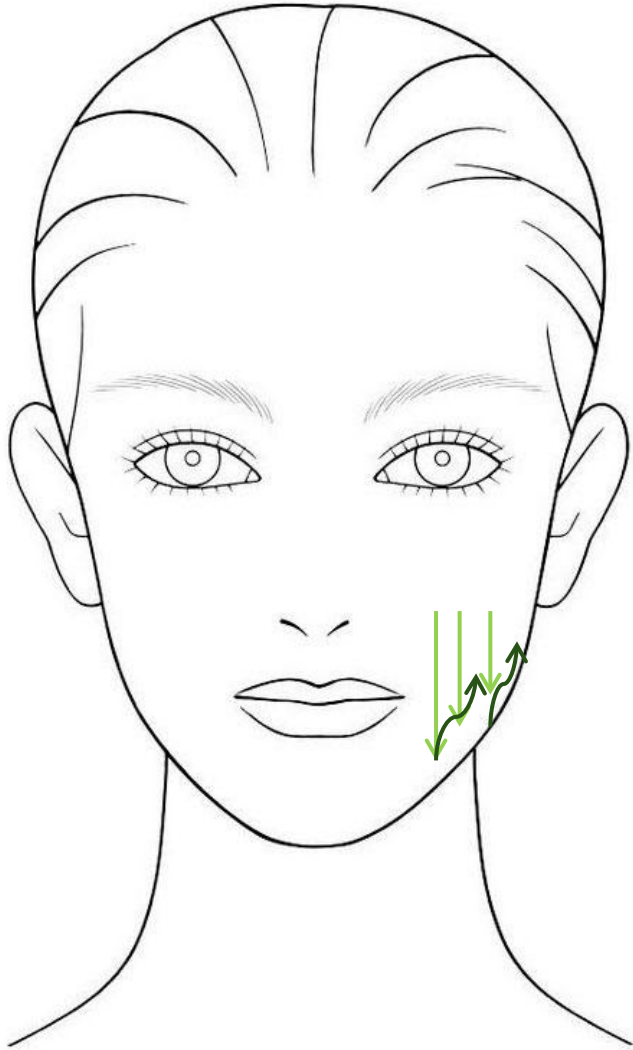




To finish the massage, stretch the neck three times by placing your fingertips on the back of the head and gently pulling/stretching the head toward you three times. On the third time, gently slide your hands through the hair, all the way to the ends, and gently release contact with the client.

Remove the product with a warm compress and continue with your treatment.





This is important!

If there are **deep wrinkles or adhesions** in a specific area that you'd like to work through, incorporate the technique from page 18. Use kneading and rolling motions to work through the wrinkle locally.

Preferably, add Striae.

