

DR. GRANDEL

# NECK MASSAGE

*Special massage for the neck area*



## PREPARATION AND PERFORMANCE

- After **cleansing, peeling and applying the ampoule**, use the BEAUTYGEN eye care and 24 hour skin care on the eye and forehead area.
- Apply **Massage Medium –Light–** generously across the neck and décolleté.
- The **sequence of strokes** should start at the shoulders.
- Depending on the time required **repeat three to five times**.
- After the massage, remove the massage cream thoroughly using the **cleansing sponge**. Clean the skin a second time if necessary to remove all residue.

### MASSAGE STROKES



Linear spirals





Circular spirals



Effleurage

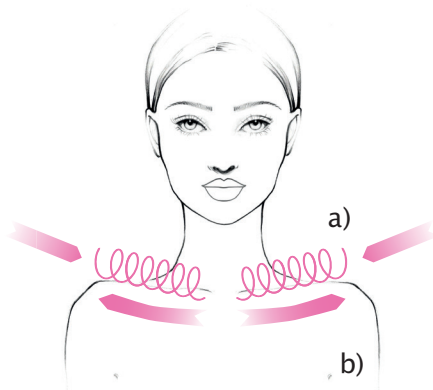


Pressure point

Massage stroke	Effleurage	Friction	Pressure point massage
Significance	Stroking	Rubbing	Massaging the spot
Application	Flowing combination of strokes	<p>In small spirals</p>  <p>or larger circles</p> 	A deep massage at the relevant point, carried out with the fingertips
For the customer	Rest and relaxation	A feeling of warmth, a feeling of activation	Deep relaxation and stimulation of the energy points
For the skin	Balance and smoothing	Improves blood flow and therefore absorption of active ingredients, improvement in complexion	Stimulation of the skin and localized tissues

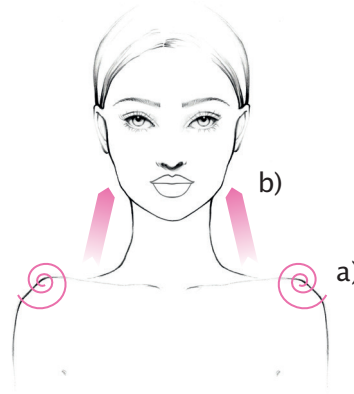
## STEPS

1



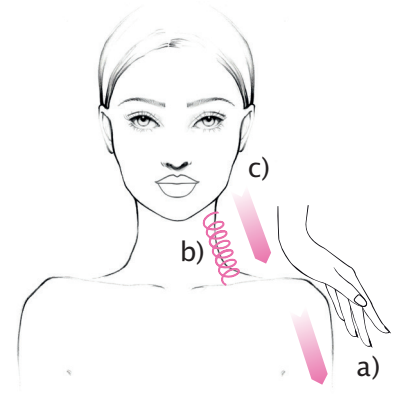
- a) Place both hands parallel on the outer collarbone and use frictions to gently massage along the neckline (above the collarbone) from the outside in. Avoid the thyroid area.
- b) Apply lengthy effleurage strokes across the décolleté back to the shoulders. Circle the shoulders and then start from the beginning again.

2



- a) Use gentle pressure to circle the shoulders several times and bring the strokes upwards across the trapezius muscle and neck.
- b) Pull the head up slightly to gently stretch the neck area.

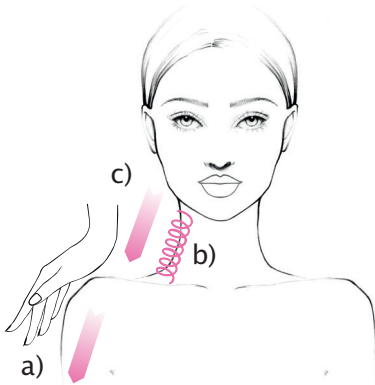
3



- Turn the head to the right so that it can sit stable in your right hand.
- a) Place your left hand on the left shoulder and stretch this downwards for several seconds.
  - b) Place your hand on the base of the neck and apply gentle frictions up to the ear.
  - c) Make the hand into a fist and stroke down the trapezius to the shoulder using the knuckles. Apply three times in a circular motion.

## STEPS

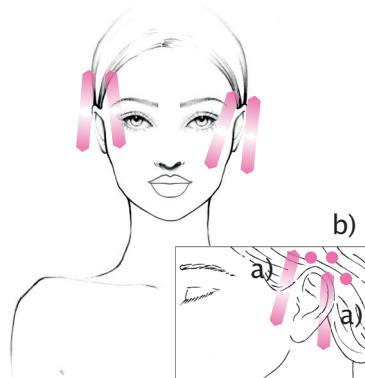
4



Now carry out the same sequence of strokes on the other side: turn the head to the left so that it can sit stable in your left hand.

- Place your right hand on the right shoulder and stretch this downwards for several seconds.
- Place your hand on the base of the neck and apply gentle frictions up to the ear.
- Make the hand into a fist and stroke down the trapezius to the shoulder using the knuckles. Apply three times in a circular motion.

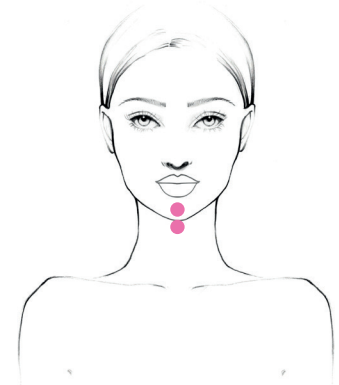
5



Return the head in the initial lying position and place both hands parallel over the ears. Place the ear between the index and middle finger.

- Push the fingers down towards the cheek, applying a pleasant level of pressure and then with the same pressure slide back up again.
- Once your fingers are above the ear, rotate the fingertips in the same spot 5 times by applying a deep pressure point massage.

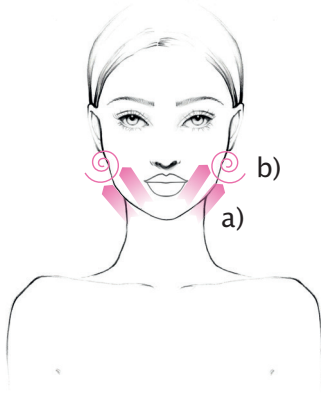
6



Place the thumb on the chin (below the bottom lip) and the index finger under the chin. Again, rotate the fingertips 5 times in this position by applying a pressure point massage.

## STEPS

7



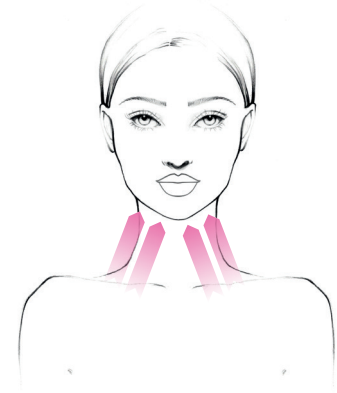
- a) Place the hands parallel on the chin. Using the index and middle fingers, apply effleurage strokes with a pleasant level of pressure from the chin to the base of the jaw.
- b) Here apply a deep massage to the masticatory muscle with circles of friction.

8



Now apply effleurage strokes to the entire chin and jawline area. Using flat hands, apply gentle upwards movements and keep swapping hands.

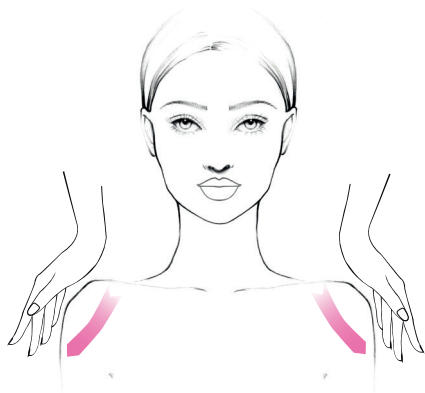
9



Apply the effleurage strokes from the collarbone to the jaw. Repeatedly use both hands (changing hand each time) to apply strokes along the neck and work slowly from left to right. Avoid the larynx area.

## STEPS

10



Place the hands parallel on the shoulders and stretch each shoulder downwards in turn.

11



Finally, as a last balancing technique, run the hands parallel from the shoulders via the trapezius to the back of the head.

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