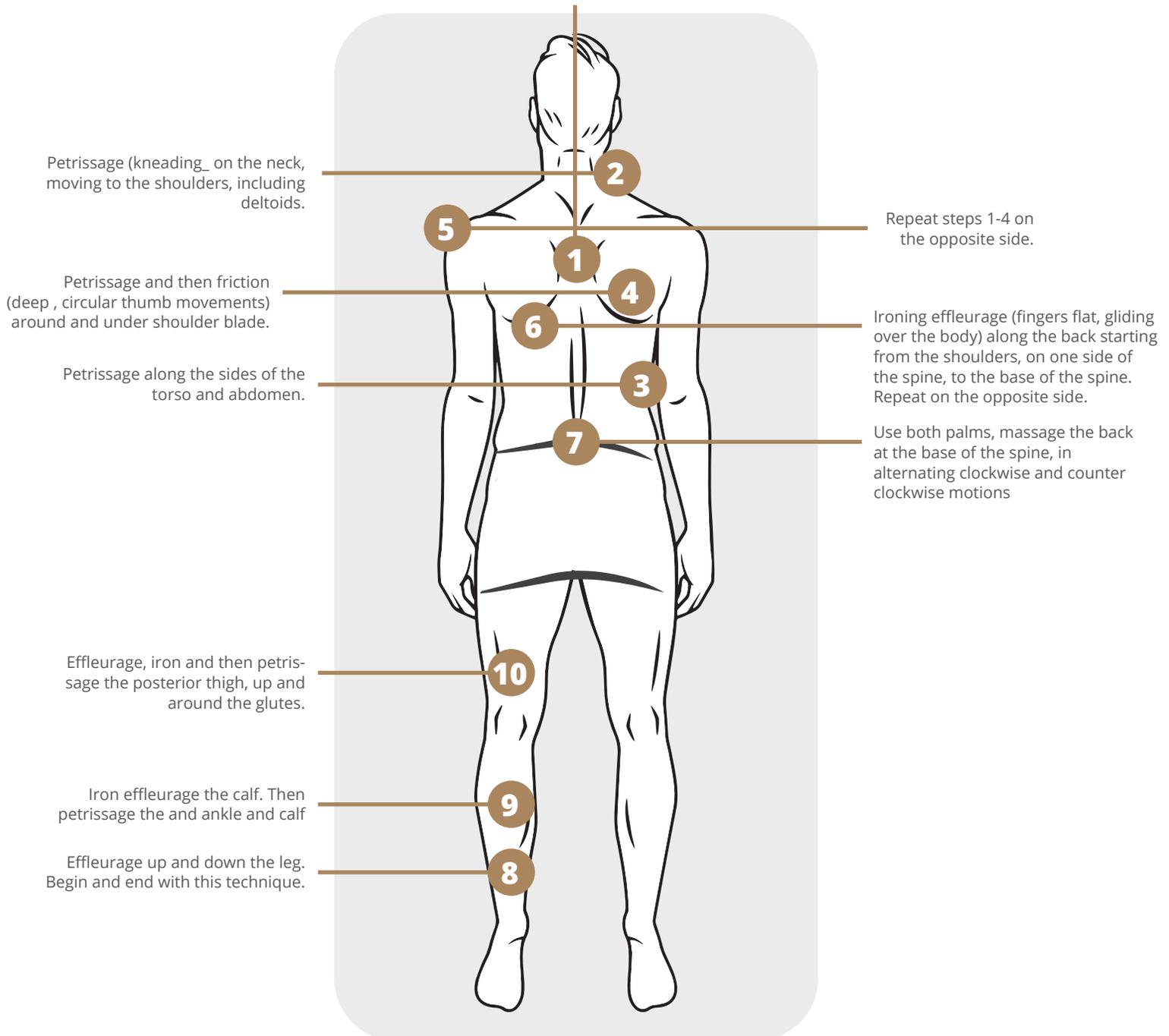




# SWEDISH MASSAGE GUIDE - PRONE

Studio Massage Institute

*Effluerage* Down the center of the back, along the sides of the spine, with fingers together. Hands divide at the hip. Hug the sides of the abdomen, pulling gently up the back, with hands meeting at the center of the back near the shoulder blades. Hands divide, slide upward over the shoulder blades, hugging the deltoids and shoulders, finishing with hands together behind the neck.





# SWEDISH MASSAGE PROCEDURE - SUPINE

Studio Massage Institute

Massage the neck by gently pulling your hands towards you, alternating between each hand. Remember to support the client's head. Rotate the head, resting it in the palm of your hand and massage the neck and shoulder on the opposite side. Start at the collar bone, around the shoulders, and up the neck. Rotate the head and repeat on the opposite side. Circumduct the neck.

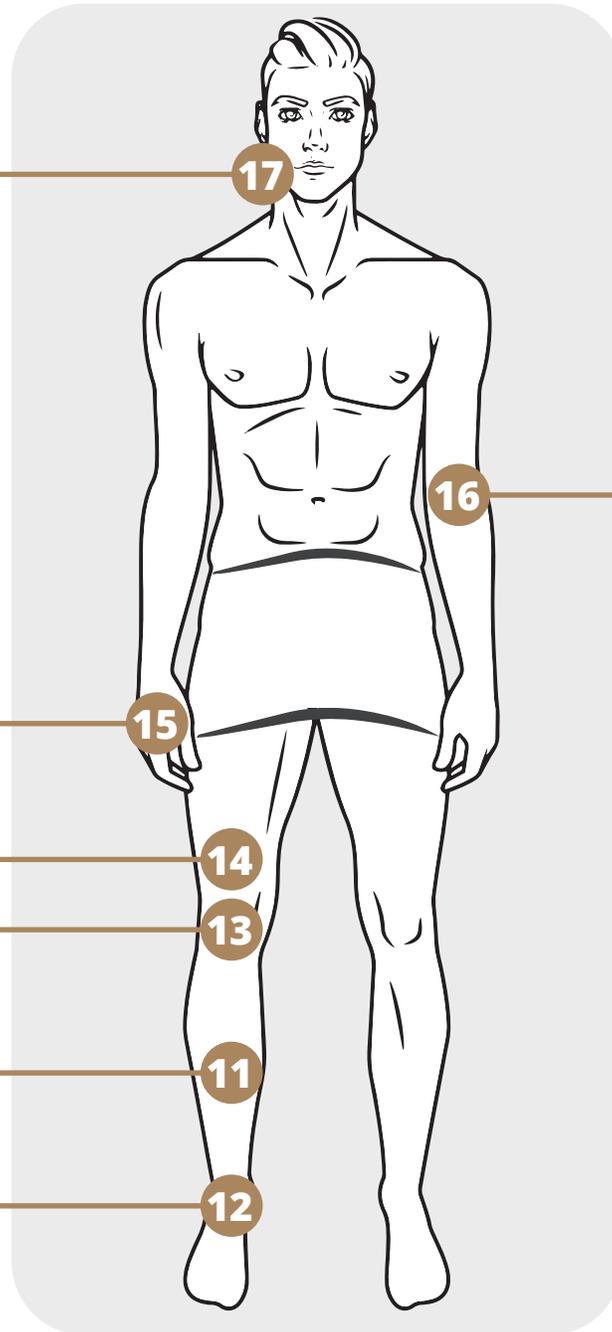
Effleurage up the arm, around the shoulder and under the neck, gently sliding down the arm to the wrist.

Effleurage, iron and then petrissage the thigh.

Effleurage around the knee cap.

Effleurage up the sides of the lower leg, over the thigh, sliding down the leg and back to the starting position at the ankles

Massage the feet and ankles.



Bend the arm at the elbow and massage the forearm and hands. Holding the client's arm, walk towards the client's head. Bend at the elbow with the arm behind the client's head, massage the upper arm. End with a gentle pull (traction) of the limb, supporting wrist and elbow. Return the client's arm to the bed and perform effleurage.