

Isla Verde Spa Relaxation Massage Sequence

This enhanced relaxation massage sequence is designed to flow seamlessly, offering a deeply restorative experience that engages both the body and mind. By combining thoughtful techniques, smooth transitions, and focused touch, this sequence provides a perfect balance of relaxation and muscle engagement.

Face Down: Grounding and Back Preparation

1. Grounding Start

- Place hands gently between the shoulders and lower back.
- Apply soothing strokes from the upper back down to the legs and feet to establish connection.

2. Feet

- With both feet together, use acupressure along the sides and middle of each foot, applying steady bodyweight for deeper relaxation.

3. Back of Legs

- Start with butterfly strokes to warm up the muscles, then apply oil.
- Perform general strokes with both hands, working the lower leg, knee, and upper leg.
- Transition into kneading movements to target deeper layers of the muscles.
- Use hand-over-hand strokes followed by forearm glides, moving up and down the length of the leg.
- Address the IT band (side of the thigh) with careful, controlled pressure.
- Return to long strokes with one or both hands, focusing on pressure during upward movements.
- Briefly massage the ankle and foot.
- Repeat the sequence on the other leg.
- Conclude with a second focus on the feet for soothing closure.

4. Back and Shoulders

- Slowly remove the towel, revealing the back.

- Begin with general strokes on the right side, applying oil.
- Use scissor strokes to warm up the back muscles.
- Work the lower and upper back with circular motions, targeting specific areas of tension.
- Perform long strokes from the lumbar area to the shoulders using hands and forearms.
- Stand at the head of the table, applying long strokes from the shoulders to hips, alternating sides with forearm techniques.
- Carefully use elbows along the muscles adjacent to the spine for deeper engagement.
- Incorporate thumb and hand work along the shoulder blades, focusing on the levator scapulae and rhomboids.
- Repeat the sequence on the left side.

5. Back Closure

- Return to both hands for long, deliberate strokes down the back and shoulders, extending up to the neck.
- Conclude with large circular strokes over the entire torso, bringing the towel back up to cover the back.

Face-Up: Neck, Face, Arms, and Legs

1. Neck

- Begin with circular strokes on the shoulders, upper chest, and neck, working both sides simultaneously.
- Gently move the head left and right, supporting it with your hand.
- Position the head in your palm and use your opposite hand for long strokes from the shoulders to the neck, incorporating fingertip circles at the base of the skull.
- Repeat on both sides, returning the head to the center each time.

2. Face and Head

- Stroke from the center of the eyebrows to the hairline.
- Transition to broad strokes from the center of the forehead to the temples.
- Use circular motions down the side of the nose and across the cheeks to the ears.

- Massage the chin and jawline, moving up toward the temples.
- Gently massage the scalp using your fingertips, paying attention to the hairline.
- Finish with light strokes from the neck to the crown and a towel placed over the eyes and ears for comfort.

3. Arms and Hands

- Start with butterfly strokes to warm up the arms.
- Apply oil and perform long, flowing strokes from the shoulders down, using your bodyweight for consistent pressure.
- Use circular motions on the upper arms, forearms, and wrists, alternating with long strokes.
- Focus on the hands and fingers:
 - Use thumb pressure on the back of the hand and between the fingers.
 - Squeeze the palm and press along the fingers, sliding gently off the fingertips.
- Repeat on the other arm.

4. Front of Legs

- Begin with butterfly strokes and apply oil.
- Perform long, general strokes from the ankle to the thigh, alternating with circular motions.
- Use forearm techniques to provide deeper engagement, gradually increasing pressure.
- Work around the knee with circular motions and transition back to long strokes along the quads and calves.
- Cover the leg with the towel and use soft strokes over the towel for a relaxing finish.
- Conclude with pressure and strokes on the feet and toes.
- Repeat on the other leg.

5. Feet and Toes

- Gently squeeze each foot, applying even pressure.
- Use sliding movements along the toes, gently squeezing and stretching each one.
- Apply linear pressure up and down both feet with your bodyweight.

- Finish with light strokes from the lower legs to the toes.

Final Touch: Bringing the Client Back

- Perform long, grounding strokes over the entire body, covering the client with the towel.
- Encourage a few deep breaths before gently concluding the session, allowing the client to reawaken gradually.

This sequence ensures a deeply relaxing yet purposeful massage, combining flowing movements, thoughtful transitions, and mindful touch to leave the client feeling fully restored and cared for.