



sensitive skin relief

touch therapy

what is a touch therapy?

Dermalogica Touch Therapies are 10 minute techniques that provide powerful physiological and psychological benefits using a range of massage and hands-on therapies. Each Touch Therapy selects from global massage techniques that can provide specific benefits to a targeted area.



There's no need to over react to reactive skin! Dermalogica's **Sensitive Skin Relief Touch Therapy** focuses on using deep breathing, acupressure and drainage movements that not only work to help calm the skin, but also helps calm the mind.

benefits

- Soothes sensitive or sensitised skin conditions
- Relieves tension in the face, head and eye muscles
- Improves breathing, calms the psyche and relaxes the body
- Relieves sinus pressure and congestion



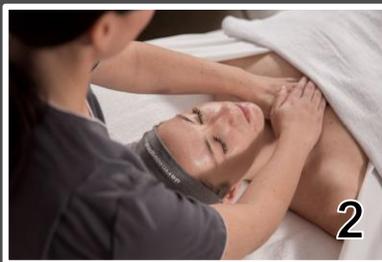
sensitive skin relief touch therapy

step by step protocol



inhalation therapy x3

Select aromatherapy. Begin inhalation therapy with 3 deep abdominal breaths. Apply the selected aromatherapy by pressing onto the skin.



sternum circles x3

Place your hands together with flat palms on the sternum. Then perform 3 clockwise circles using light pressure on the client's exhale.



shoulder press a x3

Move your hands in front of the underarms and press shoulders down towards the bed 3 times.



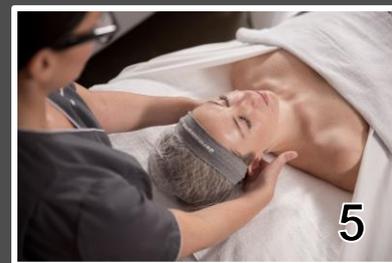
shoulder press b x3

Pivot hands to cup over the shoulders and press down towards the feet 3 times.



occipital stretch x3

Bring your hands around the shoulders and stroke upward behind the shoulders to the base of the head. Then stretch the spine gently by pulling the client's head towards your body.



stress point pulse x3

Reposition your hands to use both of middle fingers, stroke upwards on the governing meridian to the stress point (GV 16) and pulse with your middle fingers.



alternating drain a x3

Start with jawline drain by clasping your fingers at the centre of the jawline and stroking back to the ears.



alternating drain b x3

Follow with palmar drain beginning at the centre of the forehead using the fleshy base of your thumbs. Perform lymphatic drainage movements sliding down to the ears. Alternate these 2 movements for a total of 3 times each.



pulse temples x3

Pulse with your middle fingers on client's temples.

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brow and eye stroke x3

Using the fleshy part of your thumbs, stroke over the brows. Follow with cushioned fingers stroking under the eyes draining to the temples and repeat for a total of 3 repetitions.



stroke eyes and pinch brows x3

Stroke under the eyes with your middle fingers then pinch the eyebrows between your thumb and index finger moving to the end of the eyebrows. Perform this movement for a total of 3 repetitions.



pulse inner eye socket x3

Pulse with your index or middle finger at the inner eye socket (B1) 3 times.



pulse inner brow bone x3

Move up to the inner brow bone (B2) and pulse 3 times.



pulse end of brow x3

Move fingers to the end of the brow near the temples (TH23) and pulse 3 times.



zygomatic roll x3

Using the sides of the thumbs, press and roll on the zygomatic bone at the midpoint (S2) of each eye 3 times.



sinus drain x3

Rest thumbs together in "V" formation between brows. Press with cushioned fingers at the sides of the nose and drain above the cheekbone to ears. Return to sides of the nose from nasal fold and drain under cheekbone. Alternate movements 3 times each.



repeat step 8 brow and eye stroke x3

repeat step 6 alternating drain x3



feather stroking x1

Move to chest and stroke outward with light finger pressure across the chest, neck and face. Finish by covering the eyes with hands and feather off over eyelids to temples.