



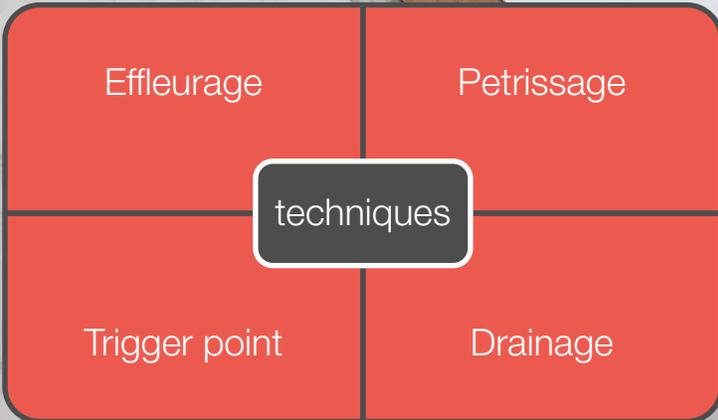
# stress relief

## back 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.

Dermalogica's **Stress Relief Back Touch Therapy** offers a relaxing but impactful series of traditional European massage techniques that access muscle and nerve pathways along the spine for a whole body benefit.



Standard contraindications to massage apply



### benefits

Ease tension in the back, neck and shoulders with deep muscle work.

Relieve insomnia and promote general well being.

Reduce headaches and stress.

# stress relief back touch therapy

## step by step protocol



### effleurage x3

Slide from occipital ridge to sacrum. Glide around the pelvis lifting in at the waist to return up either side of the spine. Swing around the shoulders and apply firm pressure with heel of hand across the top of the trapezius to finish at occiput.



### thumb drain x1

Apply slow deep pressure down either side of the spine. Glide around the pelvis lifting in at the waist to return up either side of the spine. Swing around the shoulders and apply firm pressure with heel of hand across the top of the trapezius to finish at occiput. Work trigger points.



### palmar friction x3

Both hands in full contact with the back, briskly move hands back and forth to warm the tissues. Start working **down** the **far side**, **across** the base, then **up** the **nearside**.



### kneading x3

Using alternate hands, apply brisk medium to deep petrissage. Work in a 'W' **down** the **far side** including deltoids, **up** the far side of the spine, **down** the nearside of the spine and **back up** to the nearside including deltoids and trapezius.



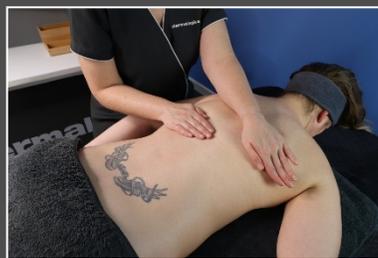
### sacrum pressure x3

Slide down back with reinforced hands; **press down** onto the centre of the sacrum (central base of spine) with **reinforced hands** for a count of 3. Separate hands outward using firm pressure across the hips to the bed, the fingers hook into the waistline and pull back toward the sacrum on return movement



### finger drain x1

Place all fingers of both hands in line with the spine (close together). Drain out towards the bed and lightly bring fingers back to the spine as you work **down** the neck and **back up**; complete the **far side**. Repeat on the **near side**.



### full palmar friction x1

In full forearm contact with the back, alternate right and left hands back and forth from upper to lower back and return



### effleurage x3

Standing at the head of the bed, repeat the first effleurage movement with lighter pressure



### cat stroke x6

From sacrum to neck, getting progressively lighter