



stress relief scalp

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.



Did you know that up to 70% of body tension can be found in the scalp? The **Stress Relief Scalp Touch Therapy** incorporates meditative and deeply relaxing movements from Ayurvedic Head Massage to relieve stress, ease muscle tension and provide clarity to the mind.



benefits

Loosens muscle tension on the scalp, forehead and neck.

Deeply relaxing to reduce stress.

Increases mental clarity, alertness and concentration.

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step by step protocol



hands on head x1

Place your middle finger between the eyebrows then lay one hand on the forehead and place the other hand on top. Take three breaths with your client. Remove your hands slowly.



ear frictions x1

Using firm pressure with your thumb and first two fingers, massage the ears starting at the lobes, moving up to the tips of the ears and back down in front of the ears. Gently squeeze the lobes and pull off.



scissor ears x3

Place your index fingers in front of the ears and remaining fingers behind the ears. Using medium pressure, move hands in circles as if you are shampooing the edge of the hairline, then circling back down to the starting position.



pressure point-ears x1

Tilt the client's head to one side. Apply pressure with 3 stationary circles to 10 acupoints: starting at the base of the head until you reach the tip of the ear. Repeat on the opposite side of the client's head.



deep comb x1

Run fingers through the hair at the scalp and use nail beds to gently tug from the root of the hair. Repeat movement covering entire scalp.



scalp fists x1

Grasp small bunches of hair from the root. Then using the flat portion of your knuckles, apply pressure onto the scalp moving back in three big circular motions.



shampooing x1

Starting at the hairline, use the pads of your fingers to massage and move the scalp in large circular finger frictions. Work this movement all over the scalp.



cat stroke x1

With very slow movements, comb from the front hairline including the forehead and through the hair with long gentle strokes covering the entire scalp.



occipital and neck stretch x1

Use fingertips to apply small stationary inward circles to the occipital ridge. Hold and stretch the neck. Slide out to finish.