

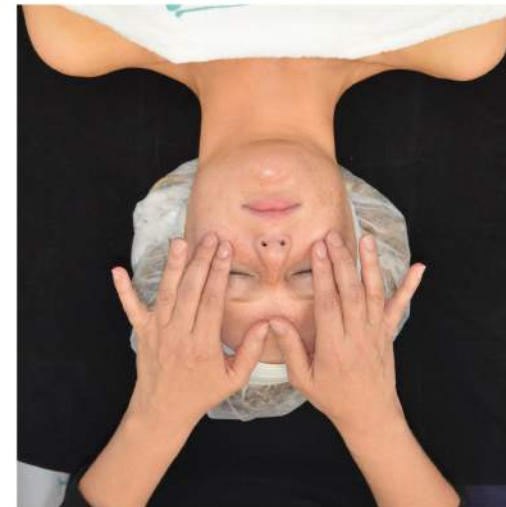


Dispense 6-10 drops of Aromatic Serum into palm, with fingertips of other hand apply to forehead, cheeks and chin. Smooth remaining Aromatic Serum across neck and decolette and smooth across face.

1. With cupped hands 6" above nose ask client to inhale deeply 3 times through their nose.

2. Begin with thumbs between brows; use a press and release motion to hairline x 6.

3. Slide alternating thumbs over the same area x 6.



4. Thumb press and release across forehead to temples and glide to front of ear in 3 rows x 3.

5. Using the Pollicis muscles of the thumb glide across forehead, past temples to front of ear x 6.

6a. Resting thumbs lightly on forehead, glide index and middle fingers out across upper cheek across maxilla and zygomatic to top of ear x 6.

6b. Glide out below cheek to base of ear x 6.



**7.** Glide index and middle fingers from chin, along jaw bone to angle of mandible x 6.

**8a.** Cupping hands, gently scoop from chin along jaw bone to angle of mandible.

**8b.** Straighten fingers and gently glide down sternocleidomastoid muscle to the clavicle.

**8c.** Glide across clavicle and across to deltoid.

(Alternate movement 5 and 7 x 6).



**8d.** Firmly press palms on deltoid and shoulder joint pushing downwards towards the floor x3.

**8e.** Rotate palms cupping top of shoulder and gently push away from you towards the client's feet x3.

**8f.** Slide fingertips across upper trapezius to occipital ridge, break contact with client and repeat movements 8a - 8f x 6.

**9.** Finalise by cupping hands over ears, hold for count of 6 and slowly release hands away.