

FACIAL MANIPULATIONS

Hints:

- Direction of movement is generally from insertion of a muscle to its origin. Massaging a muscle in the wrong directions could result in loss of resiliency and sagging of skin and muscles.
- Once manipulations have begun, do not remove your hands from client's face. (If necessary to remove them, feather off and gently replace in feather-like movements.
- Use an even tempo or rhythm to induce relaxation.

1. Chin movement. Lift chin, using slight pressure. See Figure 19.8.
2. Lower cheeks. Using circular movement, rotate from chin to ears. See Figure 19.9.
3. Follow diagram for mouth, nose, and cheek movements. See Figure 19.10.
4. Linear movement over forehead. Slide fingers to temples; rotate with pressure on upward stroke; slide to left eyebrow; then stroke up to hairline gradually moving hands across forehead to right eyebrows. See Figure 19.11.
5. Circular movement over forehead. Starting at eyebrow line, work across middle of forehead, and then toward the hairline. See Figure 19.12.
6. Crisscross movement. Start at one side of forehead and work back. See Figure 19.13.
7. Stroking (headache) movement. Slide fingers to centre of forehead; then draw fingers, with slight pressure, toward temples, and rotate. See Figure 19.14.
8. Brow and eye movement. Place middle fingers at inner corners of eyes and index fingers over brows. Slide to outer corner of eyes, and back to inner corners. See Figure 19.15.



FIGURE 19.8 — Chin movement.



FIGURE 19.9 — Circular movement of lower cheeks.

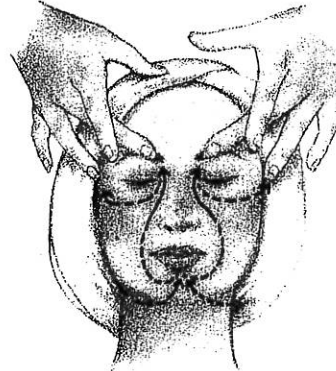


FIGURE 19.10 — Mouth, nose, and cheek movements.

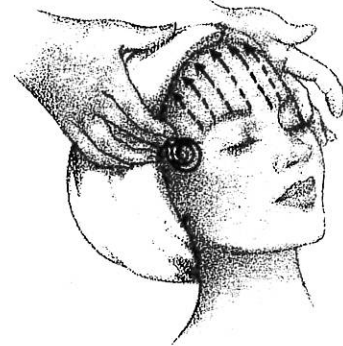


FIGURE 19.11 — Linear movement over forehead.



FIGURE 19.12 — Circular movement over forehead.

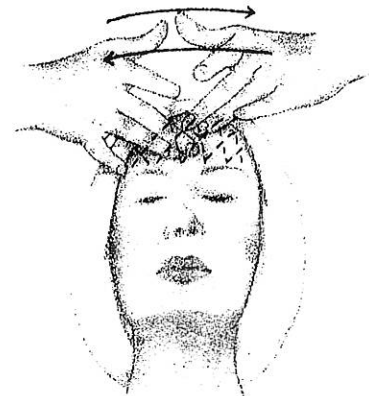


FIGURE 19.13 — Crisscross movement.

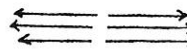


FIGURE 19.14 — Stroking (headache) movement.



FIGURE 19.15 — Brow and eye movement

9. Nose and upper cheek movement. Slide fingers down nose. Apply rotary movement across cheeks to temples, and rotate gently. Slide fingers under eyes and back to bridge of nose. See Figure 19.16.



FIGURE 19.16 — Nose and upper cheek movement.



FIGURE 19.17 — Mouth and nose movement.

10. Mouth and nose movement. Apply circular movement from corners of mouth up sides of nose. Slide fingers over brows and down to corners of mouth. See Figure 19.17.

11. Lip and chin movement. Draw fingers from centre of upper lip, around mouth, going under lower lip and chin. See Figure 19.18.



FIGURE 19.18 — Lip and chin movement.

12. Optional movement. Hold head with left hand; draw fingers of right hand from under lower lip, around mouth to center of upper lip. See Figure 19.19.



FIGURE 19.19 — Optional movement.

13. Lifting movement of cheeks. Proceed from mouth to ears, and then from nose to top part of ears. See Figure 19.20.

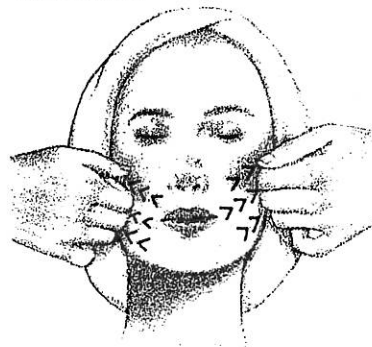


FIGURE 19.20 — Lifting movement of cheeks.

14. Rotary movement of cheeks. Massage from chin to ear lobes, from mouth to middle of ears, and from nose to top of ears. See Figure 19.21.



FIGURE 19.21 — Rotary movement of cheeks.

15. Light tapping movement. Work from chin to earlobe, mouth to ear, nose to top of ear, and then across forehead. Repeat on other side. See Figure 19.22.

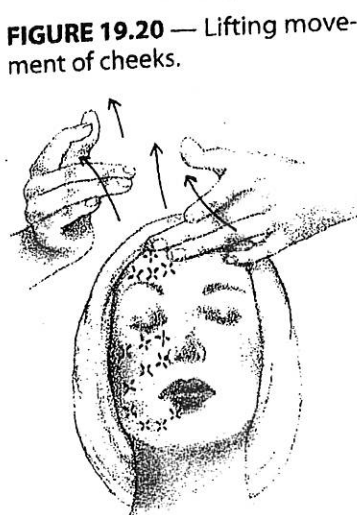


FIGURE 19.22 — Light tapping movement.

16. Stroking movement of neck. Apply light upward strokes over front of neck. Use heavier pressure on sides of neck in downward strokes. See Figure 19.23.



FIGURE 19.23 — Stroking movement of neck.