



**Level 3 Diploma in Aromatherapy
Aromatherapy Facial Massage**

Course Manual

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Aromatherapy Facial Massage

Your daily facial routine should consist of cleansing, a skin toner and moisturising. You should also carry out a facial scrub and mask regularly to keep your skin in the best condition possible.

DILUTIONS

The number of drops of blend is calculated for a general dilution below. You can also use the gentle dilution for sensitive skins.

Facial skin is much more delicate and sensitive and therefore essential oils are used in a lower dilution. Use the gentle dilution for sensitive skin.

The table below gives the facial dilutions for a cleanser, skin toner and cream.

		Gentle	General
Cleanser	50mls	5	8
	100mls	10	15
Skin Toner	50mls	5	8
	100mls	10	13
Cream	50mls	8	10
	100mls	15	20
Face Scrub	See individual recipes for number of drops		
Face Mask	See individual recipes for number of drops		

CLEANSERS

The aim of a cleanser is to remove dirt, grime and makeup before toning and moisturising leaving the skin soft and smooth.

Method

1. Measure out your cleanser base
2. Add the calculated number of drops of essential oil
3. Mix well so that the oils are fully absorbed into the cleanser base

TONERS

The aim of a skin toner is to ensure there is no grease left on the skin after cleansing, to revitalise and boost skin tone. Along with the essential oils these tonics also include floral waters.

Floral waters are also known as Hydrosols which are distillates/by products from steam distilling, created whilst extracting essential oils. The highest quality floral waters come from the distillers who steam the floral water and plant material strictly to produce floral water (Witch Hazel is an example of this).

Floral waters contain very small doses of essential oil and have the appearance and consistency of water. They are also said to be extremely safe, even for babies, and because they are so gentle they are an excellent ingredient to tone, hydrate, and rebalance the pH for the skin.

Method

1. Mix the drops into the solubiliser until dissolved.
2. Leave for a couple of minutes.
3. Add the Glycerine (optional - this gives the product a silky, smooth texture leaving the skin silky and smooth. Glycerine is derived from vegetable (coconut) fats). Mix well (optional).
4. Mix in the Floral Water
5. Add the Purified Water and mix well.

MOISTURISING DAY CREAM

After cleansing and toning the skin next needs to be moisturised and nourished.

FACE SCRUB

A face scrub is an exfoliating product which has been designed specifically for use on the face. The skin on the face is far more delicate than the skin on other parts of the body, and because the face sees a lot of wear and tear, it requires special attention when it comes to skincare. For this reason, it is important to use scrubs marked for use on the face in facial care, rather than generic exfoliating scrubs, some of which may be too harsh for use on the face.

There are several reasons to use a face scrub in skin care. Scrubs work by removing dead skin, leaving behind a layer of younger, healthier skin. Regular use of an exfoliating product can keep the skin smooth and glowing, by constantly exposing new skin. Many face scrubs also include moisturisers, so they nourish the skin while removing dead skin. Use of a face scrub can also remove lingering facial makeup which may not have been totally cleaned earlier by the cleanser or skin toner.

Following are recipes of natural facial scrubs. They are natural because they use food products mixed with essential oils. As you are using food you must keep the scrub in the fridge and for no longer than 5 days. You can add essential oils to these scrubs depending on your skin type.

Banana Facial Scrub

This scrub is suitable for all skin types.

Rice and salt are excellent natural exfoliants, gently taking off dead skin cells to leave the skin soft and smooth. Coconut oil and banana help to moisturise and nourish the skin whilst lemon juice has an astringent and anti-bacterial effect.

Ingredients

1 teaspoon ground rice	1/2 teaspoon lemon juice
1 teaspoon salt	3 drops essential oil
1 teaspoon coconut oil	1 teaspoon mashed banana

Mix ingredients together in a bowl. Keep refrigerated and use within 5 days. Apply to cleansed skin. Massage over face and neck using small circles. Rinse off with warm water. It is important to use warm water due to the oil in the product.

Rice and Yoghurt Face Scrub

This scrub is suitable for all skin types.

Yoghurt is rich in proteins and enzymes which help to exfoliate, cleanse and nourish the skin. Ground rice will gently take off dead skin cells to leave the skin feeling soft and smooth.

Ingredients

2 tablespoons ground rice
1 tablespoon plain natural yoghurt
4 teaspoons rose water
3 drops essential oil

Mix ingredients together in a bowl. Keep refrigerated and use within 5 days. Massage over the face, rinse off with warm water.

Lemon Sugar Face Scrub

This scrub leaves the skin feeling smooth and soft. The lemon helps to 'brighten' the complexion.

Ingredients

Juice from half a lemon
2 tablespoons of salt
3 drops essential oil
Add sugar until the scrub becomes thick but not dry

Mix ingredients together in a bowl. Keep refrigerated and use within 5 days. Massage over the face, leave for 2-3 minutes and then rinse off with warm water.

FACE MASKS

Homemade masks can be made out of fruit, honey, milk or yogurt or you can use mask bases like Kaolin. There are so many homemade mask recipes to suite all types of complexions. You can choose masks for nourishing, refreshing, cleansing or exfoliating the skin.

Following are examples of recipes for a variety of facial masks.

Tbsp = Tablespoon

Tsp = Teaspoon

Honey Mask

This facial mask is very simple, but it leaves the skin feeling hydrated and it is very good for spots.

Basic Mask:

Mix 2 tbsp Aloe Vera Gel with 1 tsp honey and then add 7 drops of essential oil.

Avocado Mask

Basic Mask:

Mash the flesh of half an avocado into a smooth paste. Add 1- 2 tsp water (this can be floral water to suit skin type).

Skin Types: Good for all skin types, particularly combination skin.

Variations:

Add 1tsp of honey for dry, mature, dehydrated, wrinkled skin

Add 1 tsp lemon juice for oily skin

Add finely ground oatmeal or gram flour to thicken.

Add 7 drops of your chosen essential oil.

Banana Mask

Basic Mask:

Mash half a banana until very creamy.

Skin Types: Good for dry, dehydrated, mature skin.

Variations:

Add 1tsp of honey and 1tsp natural yogurt

Add 1 tsp lemon juice for oily skin

Add finely ground oatmeal or gram flour to thicken

Add 7 drops of your chosen essential oil.

Coconut and Honey

Basic Mask:

Mix 10g of coconut cream with 1 tsp honey. Then add warm water (or floral water) until you get the desired consistency.

Skin Types: Good for all skin types.

Add 7 drops of your chosen essential oil.

Yogurt mask

Basic Mask:

1 tbsp natural yogurt (preferably organic).

Skin Types: Good for oily, spotty skin.

Variations:

Add 1tsp of honey for dry, mature, dehydrated, wrinkled skin

Add finely ground oatmeal or gram flour to thicken

Add 7 drops of your chosen essential oil.

Strawberry Acne Mask

Strawberries are a natural source of salicylic acid which is found in most over-the-counter acne medicines.

Basic Mask:

Mix together $\frac{1}{4}$ cup of FRESH strawberries with 1 tbsp of sour cream or natural yoghurt.

Skin Types: Oily, blemished skin.

Add 7 drops of your chosen essential oil.

Refreshing Cucumber and Yoghurt Mask

Basic Mask:

Mash together $\frac{1}{2}$ a cucumber with 1 tbsp of natural yoghurt.

Skin Types: Good for all skin types.

Add 7 drops of your chosen essential oil.

This is an example of a form you can use to record the products you use for an aromatherapy facial.

Aromatherapy Facial Record Form

Name:

Date:

Skin Type:

	Recipe
Cleanser	
Skin Toner	
Cream	
Face Scrub	
Face Mask	

Aromatherapy Massage Movements

Aromatherapy massage classifies the massage techniques used into four main categories:

1. Effleurage
2. Petrissage (or compressions)
3. Frictions
4. Vibrations

Effleurage

The word comes from the French verb 'effleurer' which means to stroke or to glide. Effleurage is a sweeping, stroking movement. It is an introductory stroke that is performed at the beginning of a massage sequence, and often at the end of it as well. But it can also be used as a connecting or link movement at any point during the massage procedure. The strokes are long and flowing, and generally cover as large an area of skin as possible. This type of stroke enables the therapist to become familiar with the client's skin, the client to become aware of the therapist's touch, and the underlying muscles and tissues to be sensitised. It also facilitates the application of a massage medium to the area.

The effleurage stroke is smooth and flowing, following the contours of the skin, as if the therapist's hands are moulded to the area of skin they are working over. Most commonly, the palmar surfaces of both hands are used, but one hand, thumbs, or fingers may work better on smaller areas.

Effleurage strokes follow the venous and lymphatic flow and so will affect the flow of blood and lymph in the vessels. The firmer effleurage stroke is always towards the heart, and the hands maintain contact on the return of the stroke, but apply little pressure.

Effleurage may be applied superficially or deeply and is usually applied slowly. In order to perform effleurage effectively, the therapist's wrists need to be flexible and the hands relaxed. The fingers should be relaxed and held closely together and the thumbs should also be relaxed and abducted.

The benefits and effects of effleurage:

- It has a soothing effect on the nerves thus inducing relaxation.
- It provides continuity and flow during a massage, and provides a link to other manipulations.
- Increases both blood and lymphatic circulation.
- Helps to spread the massage medium.
- Aids tension relief, by relaxing contracted and tense muscles.
- Aids the removal of dead skin cells (desquamation).
- Helps to reduce non-medical oedema which can be the result of poor circulation and tiredness.
- Warms the tissues, helping to prepare them for deeper strokes.
- Soothes areas that are too sore or painful for deeper work.

Stroking also comes under the heading of effleurage. The difference between effleurage and stroking is that stroking can be performed in any direction and the hands may lift off the skin.

Feathering is an extremely light stroke and is barely perceivable by the person who is receiving the massage, but has a profoundly soothing effect.

Draining (Lymphatic Drainage)

Developed in the 1930s, lymphatic drainage is a delicate form of massage that stimulates the body's lymphatic system, improving the metabolism, helping the body to eliminate waste and toxins and providing a boost to the immune system.

How does it work?

The lymphatic system is responsible for helping fluid and waste leave the body and for regulating the immune system. When the lymphatic system becomes blocked, fluid builds up and stagnates, causing the entire system to become toxic thus making us feel sluggish and more susceptible to viral or contagious diseases.

By stimulating this system through massage, it is able to work more efficiently, which in turn boosts the immune system, clears blockages, eliminates toxins, transports nutrients to cells and increases the metabolism.

What does it involve?

Unlike some other forms of massage, lymphatic drainage utilises a very light pressure combined with soft pumping movements in the direction of the lymph nodes.

What is it good for?

Lymphatic drainage massage is especially useful for individuals who seem to suffer regularly from common illnesses like colds and flu. It is also recommended for people who lead sedentary lifestyles, or those who want to reduce puffiness or swelling. It has been cited as having a positive effect on problem skin, cellulite, dysfunctional respiratory systems and people with low energy.

Petrissage (or compressions)

The word petrissage comes from the French word 'petrir' which means to knead. These strokes are much deeper than effleurage strokes, and are usually applied with the thumbs, fingers or heels of the hands. These movements firmly pick up and lift the tissues from the underlying structures and then release, resulting in an intermittent pressure. Petrissage movements help to:

- Aid in the elimination of waste products.
- Break down adipose tissue.
- Act as a decongestant.
- Release muscular tension, fatigue and stiffness.
- Breakdown adhesions.
- Aid relaxation.

Petrissage movements include kneading, picking up, wringing and rolling.

Kneading

Kneading is a circular movement where the hand moves the skin on the deeper tissues. The hands do not move over the skin except to move to the next part to be treated. This technique can be performed in several ways i.e. by using both hands, one hand or just part of the hand (double-handed, single-handed or palmar kneading).

Pressure is applied firmly in the upward part of the circle and then released. This ensures that the pressure is applied in the direction of the venous return

to the heart and lymphatic drainage to the lymph nodes. The pressure can be increased by the use of body weight and care must be taken to avoid pinching the skin at the end of the strokes.

The benefits and effects of kneading:

- Compression and relaxation of the muscle tissue causes the blood and lymphatic vessels to be stimulated, thereby increasing the circulation and hastening the removal of waste products, including urea.
- An improved blood supply accelerates the removal of lactic acid and carbon dioxide, helping to relieve muscle fatigue, soreness, stiffness and tension.
- It relaxes hard, contracted muscles and helps to loosen adhesions.
- It can help to maintain tone and elasticity of muscle tissue due to an increased blood supply.
- Can help to breakdown adipose tissue.

Picking Up

Picking Up is a manipulation where the tissues are lifted away from the bone, squeezed and released before moving on. It can be performed with one or both hands depending on the area to be massaged.

The technique is to grasp the muscle with the whole hand with the thumb abducted. The muscle is lifted away from the underlying structure, squeezed and then released. The other hand then picks up a different part and the movement is repeated along the length of the muscle. It is important to ensure that contact is not broken between movements and that the palm of the hand is in contact with the muscle to avoid pinching.

The benefits and effects of picking up:

- It stimulates blood and lymphatic flow.
- It improves elasticity and stretches tight muscle fibres and so is especially useful before and after exercise.
- It helps to soften hard, subcutaneous fatty tissue.

Wringing

Wringing is a petrissage movement similar to picking up. The tissues are compressed and picked up from the bone as in picking up, but instead of then being released they are passed from hand to hand in a wringing movement. The tissue is grasped and stretched.

Wringing is always performed with both hands. The arms must be held well out to the sides, with elbows bent. Muscle and superficial tissue is compressed and scooped up between the fingers and thumb of each hand, and then the fingers of one hand pull the tissue towards you, while the thumb of the other hands pushes it away. The hands move along the length of the muscle, wringing as they go. Keep the fingers and thumbs straight, so that they do not dig in.

The benefits and effects of wringing:

- To improve elasticity by stretching along the length of the muscle.
- To soften hard, subcutaneous tissue.
- To improve local circulation.

Rolling

Hands are firmly on the area and the superficial tissues are grasped between the fingers and thumbs and gently rolled backwards and forwards against the thumbs and fingers.

Frictions

The term comes from the Latin word 'frictio', meaning to rub. Frictions are very localised manipulations performed with the fingers or thumbs over small areas. They may be applied transversely across muscle fibres or in a circular movement.

They are deep movements performed with a lot of pressure.

With transverse frictions the pressure is selected at the outset and kept constant throughout.

With circular frictions the pressure may get progressively deeper. The pressure must, however, be completely released before moving on to a new area.

Frictions are often performed on dry skin, free from oil, so that the fingers move the skin and do not slip over it. The stroke is not to be confused with digital or thumb kneading, which apply constant upward pressure using a circular movement.

The benefits and effects of frictions:

- Increases blood and lymph circulation and dilates the capillaries.
- Softens and stretches the fascia and breaks down adipose tissue.
- Breaks down adhesions and nodules and scar tissue.
- Helps improve the function of ligaments and joints that it is performed over.
- Has an invigorating effect through the stimulation of nerves.
- Aids interchange of tissue fluids, and elimination of waste products.
- Aids in relaxation.

Vibrations

This movement involves producing a fine tremor or shaking in the tissues. The effects are produced by the therapist vibrating the hands or fingers, in an up and down or side to side movement. Generally, one hand works whilst the other supports the part; sometimes both hands are used.

Vibrations can be static (performed in one place) or running (moving up and down).

Use the palmar surface of the hand, the pads of the fingers or the distal phalanx of the thumbs (the smallest bone that forms the tip of the thumb). The muscles of the forearm are contracted continually and then relaxed to produce the vibration movements.

The movements may be fine, deep or invigorating depending on the effect required. Much co-ordination and practice are needed to perform the moves correctly.

This movement can be used when the muscles are tense or tight and not responding to petrissage or frictions.

Another vibration manipulation is 'shaking', a bigger movement that produces a shaking of the muscle. This is particularly effective when performed over the chest to loosen secretions and mucous in the lungs.

The benefits and effects of vibrations:

- Helps to relieve fatigue.
- Helps to relieve tension and aid relaxation, having a sedative effect.
- Stimulates and clears nerve pathways.
- Relaxes muscles reducing pain and stiffness.
- Warms the tissues.

Aromatherapy Facial Routine

- Start with an introductory routine.
- Cleanse the facial skin to remove all make up.
- Tone the skin to remove the cleanser.
- Apply the scrub, leave for a couple of minutes and then rinse off.
- Tone the skin to soothe.
- Apply the steamer for 5-10mins.
- Dry the skin.
- Apply the mask and leave for 10-15mins.
- Rinse off the mask and dry the skin.
- Apply the facial massage using facial oil for 10mins (see routine below)
- Ensure the skin is dry of oil.
- Massage in Moisturising Cream
- Finishing routine

Head, Neck and Shoulder Massage Routine

Ask the client to lie on their back and breathe deeply.

- Place your hands on the client's shoulders while they relax.
- Apply a small amount of oil to the face and ears (or you do not have to use oil).
- With your first two fingers gently run them along from the tip of the nose and over the forehead. Repeat 5 times.
- With your first two fingers gently run them from the centre of the forehead to the outside hairline. Repeat 5 times.
- With your first two fingers gently tap from the centre of the forehead to the outside hairline. Repeat 5 times.
- With your second finger apply light pressure points from the inside of the eyebrow to the edge. Repeat 3 times.
- With your second finger apply light pressure points underneath the eye along the edge of the zygomatic bone. Repeat 3 times.
- With your second finger apply slow effleurage (stroking/draining movements) along the sinuses. Repeat 5 times.
- Gently pinch along the jawline with thumb and index finger.
- Gently massage the outer ear and ear lobe with thumb and index finger.
- With your first two fingers gently run them along from the tip of the nose, over the forehead and into the hair. Repeat 5 times.
- Apply light effleurage stroking to the head and hair.
- Apply oil over the upper chest and around the shoulders.
- Effleurage starting at the centre of the chest and come around outside the shoulders and up the neck to the occipital bone. Repeat 3 times.

- Friction movement with the thumbs over the chest area.
- Kneading into the shoulders.
- Effleurage into a traction movement stretching the neck.
- Fingertip kneading around the scalp.
- Finish with effleurage around chest and shoulders.

Arm Massage Routine

- Effleurage the whole arm.
- Firm stroking to palm of hand using thenar muscle.
- Zig Zag movements down the palm using firm pressure towards the wrist.
- Zig Zag movements to the wrist.
- Rotate and gently pull each finger.
- Effleurage the whole arm.
- Picking Up and kneading around the forearm
- Thumb rotaries around the elbow.
- Picking Up and kneading around the biceps and triceps (petrissage).
- Effleurage the whole arm.