



Warm Bamboo Massage Training

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## Introduction

Thank you for your booking and welcome to The School of Fine Tuning. I am delighted that you have chosen to train with me and I can assure you that I will offer you the very highest standard of training. At the School, we offer a wide range of accredited CPD courses to enhance your existing practice and inspire you to be the best and most creative therapist you can be, so do have a look around my website for any others that capture your interest.

This course is amazing, in that you get to work .....so enjoy the journey and let's get started.

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## What Is..

### Warm Bamboo Massage

Bamboo Massage is a table massage or seated massage where the therapist uses warmed bamboo tools of varying lengths and diameter to roll, knead and relax muscles with deep tissue techniques and is beneficial in that it brings about increased circulation, relief of sore muscles and a deep state of relaxation. It is regarded as a body, face and limb massage that incorporates bamboo sticks of varying lengths and diameters to provide lymphatic drainage, relaxation and reshaping, simultaneously. Bamboo symbolizes suppleness and resilience, straightforwardness and simplicity; and the massage satisfies two major needs: relaxation and well-being.

## HISTORY OF BAMBOO

Bamboo has been used in China for over 5000 years - the earliest history of bamboo use in the entire world. In ancient China, bamboo was used for making books, food, and paper, some of the greatest palace buildings the Emperors had and many other items. In the Jin Dynasty a special book on bamboo was written in 265-316 A.D., in which many of China's bamboo species were recorded in detail. It was the last native Chinese dynasty to rule the empire the Ming Dynasty, spanning almost three centuries between 1368 and 1644 to use bamboo as bedding. Some historians argue that Early Ming China was the most advanced nation on Earth at the time.

Today bamboo is widely used for household articles such as mats, beds, pillows, benches, chairs, cabinets, buckets, chopsticks, spoons, baskets, and handheld fans.

It is also used to make traditional Chinese musical instruments such as the sheng, a reed instrument; the di, a flute; and the xiao, a flute held vertically.

Bamboo is also used in Chinese medicine. The leaves eliminate heat and phlegm; the juice cures, insanity, and a kind of asthma caused by excessive phlegm; and the root can stimulate the vital forces, quench thirst, and promote lactation.

Bamboo is edible and frequently found in Asian cuisine. Its extracts are also found in lotions creams and skin scrubs.

The history of bamboo massage is not very well known but it is believed to have started in South East Asia, by a resourceful Asian spa therapist.

In South East Asia they believe that Bamboo is “the good luck plant”.

Rumour has it that this massage was devised when a therapist on their way to work spotted two Monkeys and noticed that one of the Monkey's was running a bamboo stick up and down the other Monkey's back, the therapist upon noticing how relaxed the other Monkey was started to include bamboo sticks whilst massaging her clients.

*Piezoelectric and Pyroelectric effects of using Bamboo during massage*

Part of what makes bamboo hard and straight, yet flexible and light, is that its outer cell walls are covered with silica. This creates a crystalline-like matrix, much like that of a quartz crystal or our own connective tissue. Some practitioners believe that releasing tension or fascias adhesions held within this matrix can help restore and rebalance the body's electromagnetic field. In his article, "Bioenergetics of Man," for the Academy of Applied Osteopathic Association, osteopathic physician R.B. Taylor writes, "Manipulative pressure and stretching are the most effective ways of modifying energy potentials of abnormal tissues."

If we look closely at what's just beneath the surface of this statement, it takes us directly to what's beneath the surface of both our bodies and the structure of bamboo itself. Crystalline-like matrices are known to exhibit two very specific properties: piezoelectricity and pyroelectricity. Piezoelectricity is activated with pressure and pyroelectricity with heat. On a physiological level, these two properties are believed to contribute to some of the healing effects seen in bamboo massage.

**Piezoelectricity** is the ability of some materials to generate an electric potential in response to applied mechanical stress or pressure across the crystal lattice. The word itself is derived from the Greek *piezein*, which means to squeeze or press. In the case of massage, pressure along the fascia, which is also a crystalline-like matrix of tissue would generate this same effect.

**Pyroelectricity** is the ability of materials to generate an electrical potential when heated or cooled. The name is derived from the Greek work *pyr*, meaning fire. As a result of a change in temperature, positive and negative charges move to opposite ends or poles of the material, thereby establishing an electrical potential. Very small changes in temperature can, in fact, produce an electrical potential due to a material's pyroelectricity. Thus, heating a bamboo stick and applying pressure with it could create this effect. The pyroelectric effect is also present in both bone and tendon. These two properties could, therefore, be easily stimulated as pressure is applied using the bamboo sticks to penetrate deep into the tissues.

### The Physical

When we apply the piezoelectric principles to the body, the electrical and thermal energy activates peripheral circulation. Enhanced circulation will remove stagnant toxins and move blood throughout the body, heart and lungs, improving internal respiration. Oxygenated blood will return nutrition and healing aid to the cells and tissues of the affected areas. This enables your work to be deeper, to relax and realign muscle fibres without causing micro tears.

As therapists and clients search for new approaches to massage therapy, bamboo massage may be at the forefront, offering a basic solution: a technique that not only makes use of a renewable and sustainable resource, but also reconnects us to ancient approaches. This reminds us of what it means to be connected and interconnected – respecting our needs and those of the natural world that support those needs. This may be the gift that this seemingly simple material offers: strength, flexibility and versatility without depleting our world or ourselves.

### **Benefits of Warm Bamboo Massage**

The therapeutic effects of Warm Bamboo Massage last long after the treatment is over. The short and longer term benefits are individual, varied and cumulative and can include many of the following:

- Increases circulation
- Warmth helps aid relaxation
- Promotes more restful sleep and helps alleviate sleeping disorders
- Helps relieve stress and tension
- Aids lymphatic drainage by eliminating toxins
- Pressure is maintained for longer periods of time

### **CONTRAINDICATIONS TO MASSAGE**

#### **Localised Contraindication – specific area cannot be massaged**

Bruises

Broken capillaries

Recent scar tissue

Sunburn

Immediately after eating or consuming alcohol

Redness or localised swelling

Sprains

Dislocations

Broken bones

Pustule acne

Open cuts or wounds, grazes, stings, bites or burns

#### **Medical Contraindication – requires Doctor's permission before treatment**

High or low blood pressure

Haemophilia

Severe swelling

Epilepsy

Severe pain

Thrombosis

Heart condition

Cancer during treatment

Where medication is being taken for any serious illness or condition

If any of the above medical conditions are present, seek a GP's approval in writing. The client may request this from their medical practitioner, alternatively, you may contact the GP in writing, clearly stating the treatment requested by your client to ensure they have the GP's permission and enclosing a stamped addressed envelope.

#### **Total contraindications – not suitable to massage at all**

Hypersensitive skin

Inflammation

Viral infections

Any contagious disease, eg scabies, impetigo, herpes, chickenpox, scabies, tinea, mumps, diphtheria, typhoid etc

Severe widespread psoriasis, eczema or dermatitis

High temperature or fever

Undesirable character or anyone whom you may feel threatened by

Always check contraindications before commencing, health issues may change between treatments. **Remember the safest course of action, if in doubt, refer to a GP. This information is intended for your general knowledge and is not a substitute for medical advice or treatment for specific conditions.**

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**CONSULTATION FORM FOR MASSAGE**

*The following information is required for your safety and to benefit your health. Whilst Massage is very safe, there are certain conditions which may require special attention. Please note that all information will be treated in the strictest confidence and it may be necessary for you to consult your GP before treatment is given.*

Name.....DOB.....

Address.....

Tel Home.....Mobile.....

Occupation.....

Do you or have you ever suffered with:-

High temperature or fever	Y/N	
Infection	Y/N	
Acute infectious disease	Y/N	
Migraine or headaches	Y/N	
Skin infections	Y/N	
Allergies	Y/N	
Recent haemorrhage		Y/N
Recent surgery	Y/N	
Heart condition	Y/N	
Recent injury	Y/N	
High or low blood pressure		Y/N
Recent scar tissue	Y/N	
Epilepsy	Y/N	
Diabetes	Y/N	
Thrombosis/embolism	Y/N	
Severe circulatory disorder	Y/N	
Severe bruising, open cuts or abrasions	Y/N	
Dysfunction of the nervous system		Y/N
Undiagnosed, bumps, lumps or swellings		Y/N
Currently under the influence of drugs or alcohol		Y/N
Are you or could you be pregnant	Y/N	
Do you have any conditions which may affect treatment		Y/N

If the answer to any of the above is Yes, please give dates and details:-

.....  
.....  
.....  
.....  
.....



.....

**CONSULTATION FORM CONTINUED**

Are you currently taking any medication Y/N

Details (including dosages):-

.....  
.....  
.....

Is GP referral required Y/N

Clearance form sent (Date) Y/N

Clearance form received (Date) Y/N

Name of Doctor.....

Address.....

Telephone number.....

Is your general health      Good                      Average                      Poor

Are your stress levels      High                      Medium                      Low

Are your energy levels      High                      Medium                      Low

Do you find time for relaxation/hobbies:- Y/N

Details:-  
.....  
.....

**Client Declaration**

*I declare that the information I have given is correct and, as far as I am aware, I can undertake treatments without any adverse effects. I have been fully informed about contra-indications and am, therefore, willing to proceed with treatment.*

*I understand that Massage does not substitute medical treatment.*

**Client Signature**.....**Date**.....

## **TREATMENT REACTIONS & AFTER CARE ADVICE**

To enable you to gain maximum benefit from your treatment the following advice is recommended:-

Please do not leave the treatment room until you feel “grounded”.

It is advisable not to drive straight away following treatment, but if you do have to drive, make sure that you stay alert and keep the windows open.

Increase fluids. Drink plenty of water to assist the detoxification process.

Reduce stimulants. Avoid alcohol, coffee, tea or cola following treatment, as these dehydrate.

Avoid smoking.

Eat a light, healthy diet to encourage healing.

Avoid strenuous exercise. Rest as much as possible and relax for the rest of the day, to allow the body to heal and settle. You may feel an energy boost, but resist the temptation to be too energetic, as this will prevent you from obtaining the full benefit of your treatment.

Do not be concerned if you feel emotional for a while after treatment, it is just a way that your body releases pent up emotions whilst in a state of relaxation. This is not uncommon, particularly when you have been under stress.

You may possibly experience what is known as a “healing crisis” (the body taking the path to healing following treatment, and you may notice the return of your symptoms for a while before you start to feel better. If you have a headache following your treatment, try not to take any medication to resolve it, if you get adequate rest and fluids your symptoms will improve.

### Data Protection Act 1984

If a computer is used to record client data information the establishment must be registered under this act. The act operates to ensure the information is only used for the purposes that it was given. No information may be given to an outsider without the client’s permission. The client whose information is held has the right to request the information for viewing. It must be provided to them within 40 days of

an application and of a fee not exceeding 10.00. Clients can seek compensation through court for any infringement of their rights. For more information visit: [www.ico.gov.uk](http://www.ico.gov.uk)

## GDPR

The GDPR (General DATA Protection Regulation) came into force on 25th May 2018. If your Salon/Business collects or stores any type of personal data from people in the EU – you will need to comply with GDPR regardless of the Brexit status at the time. If you don't comply – there can be financial penalties.

The information you collect could include names, email addresses, contact details, postal and digital IP addresses etc. The new regulations are designed to give control of personal information back to ordinary people, prioritising them over the interests of businesses.

Therefore, it's important for you to be aware of this new legislation and adhere to it accordingly. There are some positives – being compliant shows your audience that you are a trustworthy organisation that respects their privacy and personal information

What this means for you:

- \* Conduct a personal data audit. List what data you collect about your clients either through your website, consultations or through 3rd parties – basically list every single possible way you obtain client data whether that is through your website, in written form or through your mobile phone. Do you have a newsletter feature on your website? Do you operate an online store and collect customer data in order to process orders? Where is that data stored? Does it go directly to your email or stored in a database in your website? Think about whether all the data you collect is necessary. If you feel that some of the information you currently collect and store isn't strictly necessary, you can take steps to stop collecting it and purge it from your databases.
- \* You will need to add a privacy policy to your site – many GDPR privacy policy templates are available by searching Google. It is suggested that you create a page in your website called PRIVACY POLICY which will appear in your main website menu. Your website must be SSL compliant – if it starts with <https://> and has a padlock next to the website address in your browser then you're fine... if not, contact your website provider to upgrade.
- \* Contacting all your clients making them aware of GDPR, your new privacy policy and requesting consent to be able to continue to communicate with them. You can either do this by emailing everyone and asking them to reply back confirming its ok for you to process and store their data or you can ask them to click on a link requesting them to opt-in using a newsletter facility such as [mailchimp.com](http://mailchimp.com).
- \* Understand what must be done in the event of a breach. GDPR requires the data controller to have defined processes in place in the event of a data breach. The data controller has a legal obligation to report a data breach within 72 hours. For more information about this, take a look at an article on the reporting of data breaches.
- \* Children. GDPR, for the first time, brings in special protections for children's personal data – particularly in regards to commercial internet services such as social media. If your organisation offers services to children and relies on consent to collect information about them, you will need to gain the parent or guardian's consent in order to process the child's data lawfully. GDPR sets the age at which a child can give their own consent to this processing at 16. This means that your

privacy information page must be written plainly enough for a child to understand.

\* Record Cards. Remember to add your disclaimer to the bottom of your record cards so that clients can opt in or out of having personal data stored. Here is an example for you to use:

I agree to YOUR BUSINESS NAME HERE obtaining, holding and using my personal information for the purposes of this consultation and suitability checking for any future treatments I may have. I understand that I have the right to withdraw my consent and have my details destroyed.

Yes/No \*Please circle. Initial:

Date:

#### Further Reading

If you require any further information, please either contact the ICO direct, or download the GDPR 12 Step Guide.

All of our courses are insurable with Westminster Indemnity

<http://westminster.global/uk/> Please contact Chris – he is extremely helpful.

Data Protection Information:-

[http://www.ico.gov.uk/for\\_organisations/data\\_protection/the\\_guide.aspx](http://www.ico.gov.uk/for_organisations/data_protection/the_guide.aspx)

## Bamboo Sticks

Bamboo has two specific properties that are relevant to massaging with. Bamboos outer cell walls are covered in Silica and creates a crystalline like matrix. The first property of which is piezoelectricity that is activated when pressure is applied and generates an electrical potential. The second property is called pyroelectricity which is activated with and is also found within the bones and tendons of our body. When working with heated Bamboo and applying pressure to the muscle can create a powerful effect on the body.

Bamboo is very easy to care for. They are created by steam pressing natural bamboo sticks together and shaping them which will create a smooth implement to massage with.

Before first use, you should lightly oil the sticks with a light unscented oil about an hour before wiping them over to remove the excess oil with a soft dry cloth. Repeat this process if you haven't used your sticks in a long time. Over time they wood will become naturally darker and is a normal process.

You do not need to use any massage mediums with the Bamboo sticks during use however a light massage oil can create a better slip and experience for your client.

After use, carefully wipe over the sticks with anti-bacterial wipes. Do not wash them with water or other harsh chemicals.

To heat the Bamboo sticks you will require a special heating pad that warms the sticks to a maximum temperature of 70 degrees C as this allows the sticks to stay warm throughout the course of the treatment.

Ideally you will have a full kit of Bamboo sticks that contains at least 12 sticks.

<b>Name &amp; Use</b>	<b>Description</b>	<b>Quant in Full Kit</b>	<b>Length</b>
Full Monty – Legs & Back	The longest stick in your kit	1	56cm x 3cm
Half Monty – Legs & Arms	Medium sized stick	1	38cm x 3cm
Middle Man – Neck	Long but with a flat edge	1	56cm x 1.5cm
Slim Jim- Arms	Slim of Medium length	1	38cm x 1.5cm
Half Pints – Hands, feet & spine	Short sticks with flat edge	4	16cm x 1.5cm

Shorties – Hands & Neck	Short fat sticks	2	16cm x 3cm
Tapotement Tools	Longer sticks with a soft covering on the ends	2	38cm x 3cm

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## **CLEANSING & CARE OF THE EQUIPMENT**

If the bamboo and warmer are not cleaned regularly, there is a risk of cross contamination, so it is imperative that both the electric warmer and the bamboo are kept scrupulously clean.

Always follow the manufacturer's instructions.

It is advisable to clean the Bamboo sticks thoroughly with an anti-bacterial wipe. **Do not immerse in water and use Aromatherapy Oils on the Bamboo as this will cause them to split and warp.**

Only a light carrier oil such as Grapeseed Oil or Rice Oil should be used.

Always check that the Bamboo tools are smooth if any rough areas do appear these can be gently rubbed down with a nail file.

## **WARM BAMBOO MASSAGE TREATMENT**

Place the bamboo tools in the electric heating pad. Follow the manufacturer's instructions, but, generally, the heater will require to be on a least 30 to 40 minutes before the treatment.

Once Bamboo is warmed check the temperature on your wrist to check that it's not too hot.

## **SAFETY PRECAUTIONS USING THE HEATING PAD & BAMBOO**

Always follow the manufacturer's instructions.

Make sure the heater is placed on a firm and stable surface.

Ensure the heater lead is not in a position where either you or your client could trip over it.

The outside of the heater will retain the heat, so be careful.

Always test the bamboo before using them on the client.

Always check the client is comfortable with the temperature.

## **Massage Movements:**

The main massage movements used in Oriental Warm Bamboo Massage Therapy are:-

**Circles:** Moving bamboo in circular motions

**Criss Cross Fibre:** Crossing bamboo sticks backwards and forwards

**Effleurage:** A technique used to help circulation, starting with light strokes and then going deeper in a gliding motion

**Fanning:** Keeping one end static use other hand in fanning motion

**Kneading:** Pushing and pressing into a muscle whilst gliding

**Long Half Roll:** Roll up and roll back down half

**Long Static Glide:** Glide over one area slowly a few times then move up slightly to next area – long strokes

**Pivoting:** Holding one end in hand resting on couch, pivot bamboo with other hand

**Rolling:** Rolling over body

**Rolling Pin:** Rolling as using a rolling pin

**Rowing:** Moving up and down in a rowing motion.

**Sea-Saw:** Sea-sawing motion with bamboo

**Short Static Glide:** Glidel over one area slowly a few times then move up slightly to next area – short strokes

**Static Compression:** Pressing end of bamboo into muscles

**Tapotement:** Taping or pounding over body to bring help bring blood to surface to warm muscles

**Vibration:** Rolling bamboo but pushing down and vibrating at same time

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## **WARM BAMBOO MASSAGE**

### **Section One - The Back of Body**

**Drape Client using Nappy effect (2 folds and a tuck technique) – Apply oil to back of body from feet upwards**

#### **Using Full Monty**

**Long Static Glides X 3** - up and down foot, calf, thigh, gluteus, lower back, around scapula, across trapezius muscle, across upper arms and glide back down in reverse finishing at foot  
Repeat on other side

#### **Using Middle Man**

**Short Static Glides X 3** - up and down foot, calf, thigh, gluts, lower back, around scapula, across trapezius muscle, across upper arms and glide back down in reverse finishing at foot

Repeat on other side

Cover clients lower half of the body with towel

### **Section Two - The Legs**

Effleurage with oil

#### **2. Using Half Pints**

3. Effleurage leg
4. Rotate the stick into the sole of the foot
5. Circular movements round ankle
6. Knead the calf
7. Drain from ankle to knee
8. Glide up and knead thigh

#### **9. Using Full Monty**

10. Glide up and down calf
11. Angle the stick slightly and slowly with a long glide over Gluteus and bring back down leg
12. Pivot motion across Gluteus and glide down leg
13. Long Static roll along Achilles calf and then up thigh and gluteus and back down leg

#### **14. Using Middle Man**

15. Long half roll along calf, thigh and back down leg
16. Rolling Pin Motion along calf, thigh and back down leg
17. Long Static glide along Achilles tendon, calf, hamstrings and gluteus and glide back down.
18. Short static glide along achilles tendon, calf, hamstrings and gluteus and glide back down
19. Short Vibration movements along achilles tendon, calf, hamstring and gluteus
20. Fan across IT Band
21. Pivot across It Band
22. Fan across Gluteus

#### **23. Using Shorties**

24. (Using one) roll up and down on sole of foot and (using both) effleurage calf and thigh

25. Static Pressure across Gluteus and slide down leg

## **26. Using Tapotement Tools**

27. Tapotement legs lightly then slightly heavier

28. Repeat on other leg

## **Section Three - The Back**

Effleurage with oil

### **2. Using Half Pints**

4. Using a 'S' movement push up either side of the erector spinae across the shoulders and down the back

5. Circles either side of the erector spinae

6. Effleurage Scapula with Half Pints

### **7. Using Full Monty**

8. Glide slowly up and down back

9. Angle the stick slightly and slowly with a long glide over back going around scapula

10. Pivot motion across back

### **11. Using Middle Man**

12. Rolling Pin Motion

13. Long Static Glide

14. Short static glide

15. Short Vibration movements

### **16. Using Slim Jim**

17. Fan the lower back

18. Put arm to the side and fan underarm

19. Rolling pin up top of arm

20. Long Static glide up top of arm

21. Short Static glide up top of arm

22. Vibrations up top of arm

23. Move arm upwards and fan

### **24. Using Shorties**

25. Criss Cross movements either side of the erector spinae

26. Circles either side of the erector spinae using end of Shorties

27. Static Pressure either side of the erector spinae

28. Repeat 26, 27 and 28 around scapula and shoulders

29. Gently glide up and down neck

30. Gently fan either side of the neck

### **31. Using Middle Man**

32. Fan across shoulders

33. Sea Saw around scapula and across back

### **34. Using Full Monty**

35. Move up and down back in a rowing motion

### **36. Using Tapotement Tools**

37. Tapotement back lightly then slightly heavier

## **Section Four - Front of the Legs**

Effleurage with oil

### **2. Using Half Pints**

3. Effleurage leg

4. Slowly roll the rounded side up and down foot

5. Circular movements round ankle

6. Circles up either side of shin

7. Drain from ankle to knee

8. Glide up and knead thigh

### **9. Using Full Monty**

10. Glide slowly up and down outside of calf

11. Glide slowly up and down inside of calf

12. Figure of 8 movement – glide up inside of calf - around knee – up inside of thigh – across thigh – down outside of thigh – around knee – back down inside of calf

### **13. Using Middle Man**

14. Rolling Pin Motion along outside thigh

15. Long Static glide along outside thigh

16. Short static glide along outside thigh

17. Short Vibration movements along outside thigh

18. Fan across IT Band

19. Pivot across It Band

20. Fan across the Gluts

21. Glide down leg

22. Bend Clients leg and place your knee on couch and bring clients bent leg to the side

23. Repeat 14, 15, 16 and 17 on inner thigh

24. Straighten client's leg

### **24. Using Tapotement Tools**

25. Tapotement legs lightly then slightly heavier on thigh only

26. Repeat on other leg

## **Section Four - Arms**

Effleurage with oil

### **2. Using Half Pints**

3. Effleurage arm

4. Rotate the stick into the palm of the hand

5. Drain from wrist to elbow

6. Circular movements round wrist
7. Circles up forearm
7. Knead upper arm

### **9. Using Slim Jim**

14. Rolling Pin Motion
15. Long Static glide
16. Short static glide
17. Short Vibration
18. Move arm to side and fan underneath armpit
19. Glide down arm

### **20. Using Tapotement Tools**

25. Tapotement arms lightly on forearm then slightly heavier on upper arm

26. Repeat on other arm

### **Section Five – Shoulders and Neck**

Effleurage with oil

#### **2. Using Half Pints**

3. Effleurage Chest and upper arms with rounded sides in circular movements x 3
4. Slide across chest over upper arm, around shoulder and up sides of the neck, stretching the neck at the same time x 3
5. Alternate Shoulder pushes and then glide underneath shoulders and do circular movements x 3
6. Deep slides under shoulders and up neck x 3

#### **7. Using Half Monty**

8. Slide Half Monty under clients neck and roll up back of neck
9. Tilt head to each side using stick
- 10 Turn head to the side and then Fan around neck and shoulder

#### **11. Using Shorties**

12. Glide up and down neck
13. Effleurage and neck stretch
14. Turn head to the side and stretch along the neck
15. Press into shoulders to finish

### **Section Six - Face**

**Effleurage face with massage oil**

#### **Using Shorties**

Glide - up and down neck

Effleurage – from chin up to forehead

Cheek Roll – place shorties on opposite jaws and traction roll from chin to cheek bone

Lip Lift – with one shortie, roll under lower lip upward and towards lip

Sinus Presses – press underneath cheek bone from nose to ears

Rolling Pin – across cheeks

### **Using Slim Jim**

Rolling Pin – on forehead

Short Static Glide – up forehead from eyebrows to hairline

Violin – on forehead

Traction Brow – place bamboo on eyebrow and traction roll upward – *repeat on other eyebrow*

Traction Neck – slide under neck to occipital groove and lean back and give traction neck

End of Massage

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## **Benefits**

it's believed to come with a host of healthy side effects.

Greater health and well-being

Better flexibility

Increased range of motion

Better posture

Improved blood and lymph and Qi flow

Waste and toxin removal

Faster healing

Improved circulation

Greater vitality

Boosted immune response

Improve blood flow

Improve immunity by increasing lymphatic output

Reduce inflammation

Calm the nervous system

Stretch muscles and connective tissue

Loosen restrictions and adhesions in the tissue

Provide relaxation

Optimize athletic performance

Improve overall wellbeing

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## Additional Contra Indications

Massage is wonderfully restorative and relaxing, so it is suitable for everyone. However if you are in any doubt, ask your client for clarification and get their agreement and consent, consult their GP if you are still not sure. Normally a client will know whether their condition may be affected by massage. It is advisable for client's to have eaten something (though not a heavy meal) before a treatment, otherwise there is a danger of feeling light headed.

The following are **totally contraindicated**

They are up to 3 months pregnant or if there are any complications beyond this  
They are under the influence of alcohol or recreational drugs  
They have a fever, diarrhoea or vomiting, contagious diseases and viral infections.

Doctor's consent obtained with the following.

They have had a recent accident, e.g. whiplash or concussion  
They are suffering from severe arthritis (early stages are OK)  
They suffer from very high or very low blood pressure  
Diabetes  
Heart conditions / pacemaker  
They have had a recent operation (under 3 months)  
Haemophilia  
Cancer  
They suffer from fragile bones or have osteoporosis or similar condition  
Recent strains or sprains affecting mobility  
Care should be taken and massage avoided (examples of conditions) over localised area  
Contagious skin conditions  
Eczema  
Localised swelling or bruising, cuts or wounds  
Varicose Veins  
Taking numerous medication combinations  
□

Please ask the client for a letter from their GP or consultant if in any doubt

## **Pregnancy and Massage**

All massage routines recommend that anyone who is pregnant is not treated until after the first trimester which is 3 months, and maybe longer if they have a history of miscarriage. Anyone with any concerns after the first trimester (such as a history of miscarriage) should always consult their GP and advise them what type of massage they are considering.

In Natural Lift Face Massage, areas of the scalp and neck area are worked on. Particular areas of the head, scalp and neck are connected to other organs and systems of the body by 'energy pathways' or 'meridians', in the same way that reflexology points on the foot are connected to different parts of the body. This means that the treatment is Holistic as it works on the body as a whole; in doing so, toxins are released and the body receives a kind of M.O.T.

Massage across the shoulders simulates the Gall Bladder Meridian amongst others and on the inner lower legs is the Spleen Meridian. In Eastern Medicine it is accepted that during either massage, acupressure or acupuncture, stimulation of certain points

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along the Spleen & Gall Bladder Meridian channels is undesirable for pregnant women for the following reasons:

The Gall Bladder meridian has a 'descending point' along its pathway. If stimulated in the wrong area, this channel has a descending effect on the unborn foetus; in essence this means that it could descend too early during pregnancy, or in other words it could induce a miscarriage.

The Spleen meridian has a 'dilation point' along its channel – this means that stimulation in the wrong area could dilate the cervix too early and again this could result in miscarriage of the pregnancy.

Massaging women from three months onwards (assuming there are no underlying problems or history of miscarriage) and on a regular basis can help them to be more relaxed - and their babies too.

Some can experience a better pregnancy and birth experience. Massage helps the mother to stay relaxed and release harmful toxins, which can be beneficial for her and her baby.

Always remember to advise the person you are massaging to drink plenty of water, both directly after and as general lifestyle choice. This helps the body to release the toxins and thus avoid headaches.

## Things to Consider as a Therapist

### As a Business

Whether this is the beginning of your journey as a professional therapist or you have been practicing for years, It's important to learn your practice correctly, either as part of a Spa or Salon team, or taking it to the public, but even more importantly, please strive to become a great therapist. Consider all of the following:

### Professionalism

Please dress appropriately. There are plenty of companies who offer therapy uniform and many vary in price and style. Always remember to wash your hands before and after giving a treatment and use soap without a strong scent. The same applies to perfume, some of your clients may be allergic to or find it overpowering. This may unfortunately spoil their treatment and they may not book again. If you offer a mobile service it may be useful to carry wet wipes with you. Take a clock with you to keep an eye on the time.

### Hygiene

Scrupulous personal hygiene must be observed. Hands should be thoroughly washed and fingernails cleaned

Wash headbands between clients or use disposables

Tie back long hair and remove jewellery

Roll up long sleeves or wear a short-sleeved tunic

Take mints or a toothbrush to freshen your breath if needed.

### Self-Confidence

Practice as much as it takes for you to feel confident about what you're doing and saying. A sensitive client may pick up on your lack of confidence.

Case studies are not required for this course but an excellent choice to gain your experience. As a suggestion to start your experience, find about three friends, family members or friends of friends and offer them one more treatments each, say every week. See how confident you feel after these treatments. This will give you an idea of how many more treatments you would like to offer to feel confident enough to take your work out into the general public and start your advertising.

### Sensitivities

Please be aware that everybody's body is unique, and your clients will all have different degrees of mobility and pain thresholds. Some clients like a firm massage, others may like a lighter touch. This can also change each time you treat them, depending on stresses and strains experienced during the time between their last session. Always check your pressure for each treatment and each client. Usually after the first treatment you will get to know them and what they prefer pressure wise.

Also be aware that some clients may be shy or embarrassed about areas or parts of their body – this may be because of a large scar or something they themselves consider to be unsightly, even if it isn't. It is always worth checking with your client during the consultation process if they have any

areas that they want avoiding.

### Empathy

In consideration of the above, please try to put your clients at their ease. Check to see if they are happy with the environment and remember to ask regularly to check if they are warm and comfortable enough.

### Preparing your Working Area

**Size:** The room that you intend to work in should be adequate in size to allow you to walk freely around your client if possible.

**Décor:** A treatment room should be relaxing and welcoming. The working area should preferably have a good supply of natural light.

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Tip: Use a blind to temper natural light. When you do need to use artificial lighting it should not be too bright and should be indirect so that it does not shine into your client's eyes.

If you use candles, always remember to extinguish them, (check your insurance covers you to use candles).

The floor should be of a material that is easily cleaned but is not slippery, noisy or too cold.

**Temperature and ventilation:** Your room must be warm enough for the client not to become chilled, but not so warm that it is uncomfortable for you to work. It should be ventilated to prevent it becoming too stuffy.

**Top Tip:** As the body cools very quickly during a massage, you could use an electric blanket under the client to keep them warm.

**Hygiene:** Always make sure the room you are working in is clean and tidy, check between clients. Toilet facilities must always be kept clean and tidy.

**Remember:** First impressions last. If your toilet and the room the toilet is situated in are not clean it gives your client the wrong impression of you and can lead to them questioning your own hygiene practise. Develop a routine to do so and allow time between patients.

**Music:** Select music that you hope will not trigger any memories or emotions for your client. Ask if they like the music you have chosen. Happy to offer recommendations.

**Refreshment:** Always offer your client some refreshment before leaving. Chilled water or herbal teas are suitable.



Bringing in the balance – Looking after yourself:

Most of you drawn to offering therapies and other related treatments are generally “giving” people and enjoy making other people feel good. This is a great gift to have but please remember you too may need some TLC sometimes. Please remember to take a treatment yourself on a regular basis. This will give you some well deserved relaxation and also a chance to check out your competition!

## The Importance of Consultations

Never prescribe or diagnose if not trained to: You must not prescribe remedies or drugs or use essential oils if you're not qualified to do so. You can refer your client to a practitioner who is fully qualified if you know one, or suggest they visit a relevant practitioner for a consultation. You could suggest to your client to search for the internet for the association connected to a complementary therapy they are interested in.

## Client Record, Consultation and Treatment Plan

Always start your client's first treatment by completing with them your Client Record. Please ask as many questions as you feel appropriate. Please do not expect your client to offer information about them without being asked. For example, you need to check if they are being treated by their GP or another therapist. Are they suffering from any medical conditions, and if so how long have they had it/them? Throughout the discussion you will learn more about your client and can ask them what they would like to achieve from their treatment session. (For forms, please see appendices)

The aims of a consultation are to:

Take an accurate medical history

Find out what the client wants/ needs from the treatment

Determine what the client needs from the treatment

Ensure that the client is suitable for treatment

Determine any need for special care

Establish a good rapport

Answer the client's queries

Agree a treatment plan Assess the cuticles and the nails, assess existing nail shape, discuss desired look.

Assess the skin, make a note of the condition and make recommendations for possible treatments.

Records of consultations and treatment must be kept for a minimum of seven years. A typical record card will contain personal and medical details on one side and a record of attendance and treatments on the other.

Medical details are needed to establish the presence or absence of any contraindications to a treatment or whether a medical referral may be necessary. This also gives the opportunity to establish any underlying conditions requiring special care and to note any localised conditions affecting the treatment being carried out. They also act as a disclaimer and written consent for you to carry out your treatment.

Please advise clients of the new Data Protection Act 2018 and share privacy policy.

#### Aftercare Advice

Generally aftercare advice is the same for most therapies, with a few exceptions for example if aromatherapy oils have been used.

You might like to hand this on a piece of paper to your client on their first visit and always advise them verbally of the following after each treatment.

#### Aftercare Advice

To ensure that you gain maximum benefit from a treatment, I recommend that you:

- Drink plenty of fresh water
- Reduce your caffeine and sugar intake
- Avoid heavy alcohol consumption for 24 hours
- Take some time to relax

Occasionally, you may experience reactions when the body begins its **self-healing process and elimination of toxins**. These reactions may include:

- Frequent visits to the toilet to enable the body to flush out waste
- Runny nose and/or cough as the body clears toxins
- Slight rash as the skin rebalances and expels toxins
- Perspiration - another way that the body can excrete waste
- Conditions which have been suppressed may flare up temporarily before they heal
- Deep sleep or difficulty sleeping and vivid dreams

These reactions are only temporary and should clear within 24

hours. They are positive signals that your body has responded to the treatment and is balancing itself.

If anything should persist, recommend a visit to their GP

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## Health & Safety Guidelines for Therapists

The following Health and Safety regulations need to be taken into consideration, when setting up your practice.

Health & Safety (H&S) applies to everyone in every industry, including those of us who are therapists. It is vital therefore to ensure that we provide a safe environment for clients. The Government's H&S arm, the Health & Safety Executive (HSE) lays down sound advice for safe practice and legal requirements, which we will cover in this section. The HSE recommend that we 'Risk Assess' at work and at home if we see clients there – risk assessing means that we should identify hazards and decide what steps should be taken to minimize any accidents or injuries to ourselves or indeed any harm to others as a result of our work or the environment we are providing.

A '**Risk**' is the chance (great or small) that someone will be harmed by a 'Hazard'

A '**Hazard**' is anything that might cause harm.

**The Health & Safety at Work Act (HAS) 1974** places duty on self employed people as well as employers to protect the health, safety and well-being of themselves and others they employ or work, this also means our clients.

Here is a list of Common Hazards, any of which we may or may not have identified, or indeed may not be aware of:

Moving or handling awkward or heavy loads or objects  
Using electrical equipment or equipment that heats or freezes.  
Using hazardous substances, materials or chemicals, especially those which can affect the skin.  
Ensuring we wear personal protective equipment where necessary  
Working with computers and working in front of screens

First Aid training

RIDDOR (Reporting of Diseases & Dangerous Occurrences Regulations) 1995.

**Further information:** Health and safety law: what you should know-

[www.hse.gov.uk/pubns/law.pdf](http://www.hse.gov.uk/pubns/law.pdf)

## Moving or Handling Loads

Therapists should ensure they understand the principle of safe handling and moving, otherwise known as 'Manual Handling'. Examples of hazards that therapists may want to consider are putting up therapy couches, beds and chairs or the utilisation and movement of any equipment which is used as part of the therapy and which requires lifting, placing (especially if it is an awkward lift or *stooping is involved*), *pushing or pulling*.

Remember that equipment doesn't always have to be heavy or bulky to cause injury; sometimes even the slightest movement, if carried out incorrectly, can cause back or muscle damage amongst other injuries.

**Further information:** [www.hse.gov.uk/pubns/indg143.pdf](http://www.hse.gov.uk/pubns/indg143.pdf)

## Using Electrical Equipment

Therapists are also responsible for any equipment they use as part of their treatment.

Remember that equipment should conform to British Healthy & Safety standards, any controls should be clearly marked and where protective equipment such as screens, guards or gloves are provided, they must be used. This message should also be reinforced to students who may use any potentially hazardous equipment; eg: Hot Stone Therapy, etc.

Things to look out for:

Trailing wires should be tucked away safely

Be alert for damage to outer covering of leads or plugs

Plugs must be correctly wired and must grip the cable properly

Ensure electrical equipment is regularly maintained/serviced

Look out for loose screws or equipment casing

Look out for burn marks or staining which suggests overheating

**Further information:**

[www.hse.gov.uk/pubns/indg231/pdf](http://www.hse.gov.uk/pubns/indg231/pdf)[www.opsi.gov.uk/si/si1989/Uksi\\_19890635\\_en\\_1.htm](http://www.opsi.gov.uk/si/si1989/Uksi_19890635_en_1.htm)

Provision and Use of Work Equipment Regulations (PUWER) 1992

This regulation lays down important health and safety controls in the provision and use of equipment. Employers must also make sure all employees who use the equipment have been adequately trained.

**Further information:** Using Work Equipment safely: [www.hse.gov.uk/pubns/indg229.pdf](http://www.hse.gov.uk/pubns/indg229.pdf) and [www.opsi.gov.uk/si/si1998/19982306.htm](http://www.opsi.gov.uk/si/si1998/19982306.htm)

Using Hazardous Substances or Materials

Here is a checklist of things to be aware of when using substances, materials or chemicals as part of a therapy or treatment:

Are they flammable, toxic or corrosive?

Do they give off fumes?

Are they stored safely? Eg; could children reach them easily?

Should I be wearing PPE when using or handling my work substances?

Has anyone reported feeling dizzy, headaches, sickness, skin rash/irritation or has suffered from an Asthma attack?

Are any hazardous chemicals or substances labelled correctly with black and orange labels, in line with *HSE COSHH regulations 2002*?

When considering the above, the following guidance from the HSE will be relevant:

\*\*\*\*\*

### **Control of substances hazardous to Health Regulations (COSHH) 1992**

The regulations require employers to identify hazardous substances used in the salon and say how they should be stored and handled. As such substances are used on and sold to clients it is important all employers are aware of COSHH regulations.

Further information: [www.coshh-essentials.org.uk/](http://www.coshh-essentials.org.uk/)

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### **Personal Protective Equipment at Work Regulations (PPE) 1992**

This legislation requires employers to identify through a risk assessment activities, which require special protective equipment (gloves, apron etc) to be worn or used. **Further information:** A short Guide to PPE: [www.hse.gov.uk/pubns/indg174.pdf](http://www.hse.gov.uk/pubns/indg174.pdf)

#### **Using Display Screen Equipment such as computers**

Most of us use a computer in connection with our business but there is a checklist of points to consider, in order to prevent tiredness, eyestrain and Repetitive Strain Injuries (RSI's)

- Is the screen clean from dust and dirt, readable, flicker free and without any glare or reflection?
- Is there suitable lighting in the room
- Is the screen/keyboard in the right position and at the correct height to prevent upper back and neck strain?

If you suffer from any type of pain in: the wrists, arms, neck or back or if you suffer with headaches, tiredness or eye problems you may well need to make adjustments to your computer work area.

See free HSE download at: <http://www.hse.gov.uk/pubns/indg36.pdf>

## First Aid Training and Emergency Preparedness

As a therapist you should be prepared if the unexpected happens. Would you know how to deal with someone who has suffered a Heart Attack or if somebody had an Epileptic Fit? If not you should be prepared! You should also ensure you have a well stocked approved First Aid Kit. Many insurers now also insist on this before agreeing cover.

For this reason, you should be in possession of an HSE Appointed Persons Certificate (Valid for 3 years) which is a 1 day course. Holistic Training Courses can provide these courses.

See Link: <http://www.hse.gov.uk/firstaid/index.htm>

### **RIDDOR (Reporting of Diseases & Dangerous Occurrences Regulations) 1995**

RIDDOR '95 requires the reporting of work-related accidents, diseases and dangerous occurrences. It applies to all work activities, but not to all incidents.

What do I need to do?

Not very much! - For most businesses a reportable accident, dangerous occurrence or case of disease is a comparatively rare event. However, you do need to report:



Deaths

Major Injuries, such as fractures, dislocations, amputations, burns (regardless of cause) loss of sight, electrocutions or resuscitation

Accidents resulting in over 3 day injury and or hospital treatment or hospitalisation

Communicable Diseases

Dangerous occurrences

Gas incidents

What do I need to do?

If you are working in someone else's premises and suffer either a major injury or an injury which means you cannot do your normal work for more than three days, then they will be responsible for reporting, so, where possible, you should make sure they know about it. If you or a client is injured while you are working on your own premises, if there is a dangerous occurrence there, or if a doctor tells you that you have a work-related disease or condition, then you need to report it. However, as a self-employed person you don't need to notify immediately if you suffer a major injury on your own premises. Either you or someone acting for you should report it within 10 days.

Who do I report to?

You must keep a record of any reportable injury, disease or dangerous occurrence. This must include the date and method of reporting; the date, time and place of the event, personal details of those involved and a brief description of the nature of the event or disease. You can keep the record in any form you wish. **Further information:** [www.hse.gov.uk/pubns/hse31.pdf](http://www.hse.gov.uk/pubns/hse31.pdf) and [www.opsi.gov.uk/si/si1995/Uksi\\_19953163\\_en\\_1.htm](http://www.opsi.gov.uk/si/si1995/Uksi_19953163_en_1.htm)

## Data Protection Act: 2018

The data protection act gives the client the right to see personal details held about them and to get it corrected if it is wrong. Clients are aware of the exact use of their data and agree to receiving any information from you. You must make clients aware of your privacy policy and have their consent to keep their data stored.

**Remember:** Any records you do keep must be kept in an area where no one else will have access to them.

The above information is intended for guidance purposes only is intended to introduce students & therapists to principles of H&S and encourage them to think about their own working environment and working practices. As therapists we take responsibility in law for the safety and well-being of our clients as well as ourselves. The above list is by no means exhaustive and students/therapists are encouraged to familiarise themselves with the extensive guidance provided on the HSE Website, which can be found at: [www.hse.gov.uk](http://www.hse.gov.uk)

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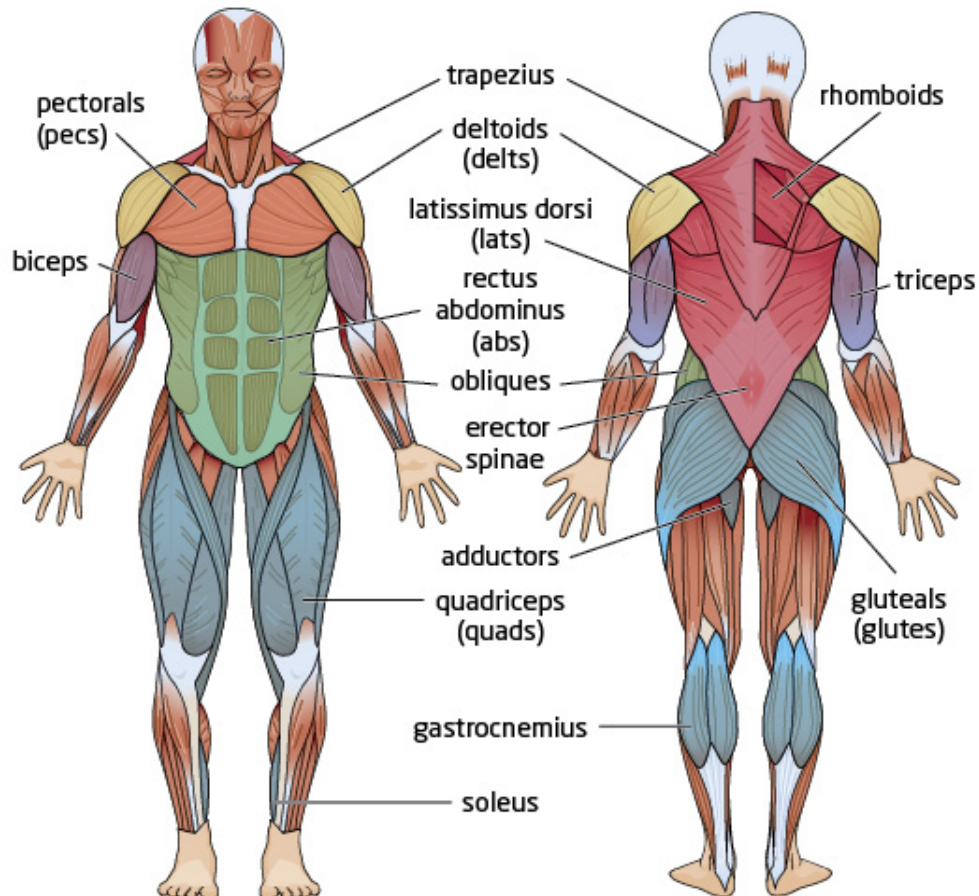
## Anatomy and Physiology of the Body

### The Muscular System

The muscular system moves the body

The body has more than 600 muscles

Muscle tissue makes up 40 – 50% of body weight



## **The Cardio-Vascular System**

The cardiovascular system is made up of Blood, Blood Vessels and the Heart.

### **Blood**

Blood is made up of 55% fluid - plasma, which is 91% water and 9% waste and hormones. The remaining 45% is blood cells which are subdivided into:

Erythrocytes

About 5.5million per drop of blood

Formed in the red bone marrow

Live for 3-4 months then broken down in the liver and spleen

Contain the pigment haemoglobin

Function is to transport oxygen around the body

Leucocytes

Larger than red blood cells

10,000 in a drop of blood

Can change their shape in order to squeeze through small spaces and reach any part of the body

Function is to protect us from disease

Thrombocytes

Tiny fragments of cells

200,000 in a drop of blood

Produced in the bone marrow

Live for up to 2 weeks

Function is to release an enzyme in the clotting process

Therefore help prevent loss of blood

### **Functions of Blood**

Transport of oxygen and carbon dioxide, nutrients waste and hormones.

Defence using white cells.

Regulation of heat

Clotting

### **Blood Vessels**

Arteries - High pressure and take blood away from the heart and carry oxygenated blood to the lungs.

Veins - Low pressure, return blood to the heart and carry deoxygenated blood from the lungs.

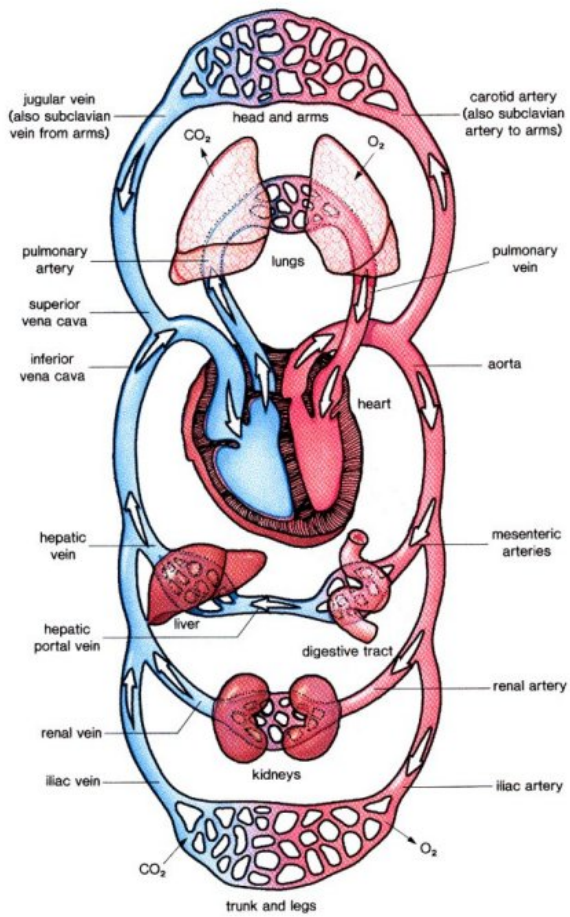
Capillaries - These are the smallest vessels and have intermediate pressure and they supply cells and tissues with nutrients.

### **The Heart**

The heart is the pump in the vascular system and maintains a constant circulation of blood throughout the body. Pulmonary circulation is the flow of blood from the lungs to the heart and back again.

Systemic circulation is the flow of blood from the heart to the rest of the body and back again.

Blood pressure is affected by age, weight, exercise, stress, gender and diet. Massage can assist with alleviating blood pressure based problems especially stress.

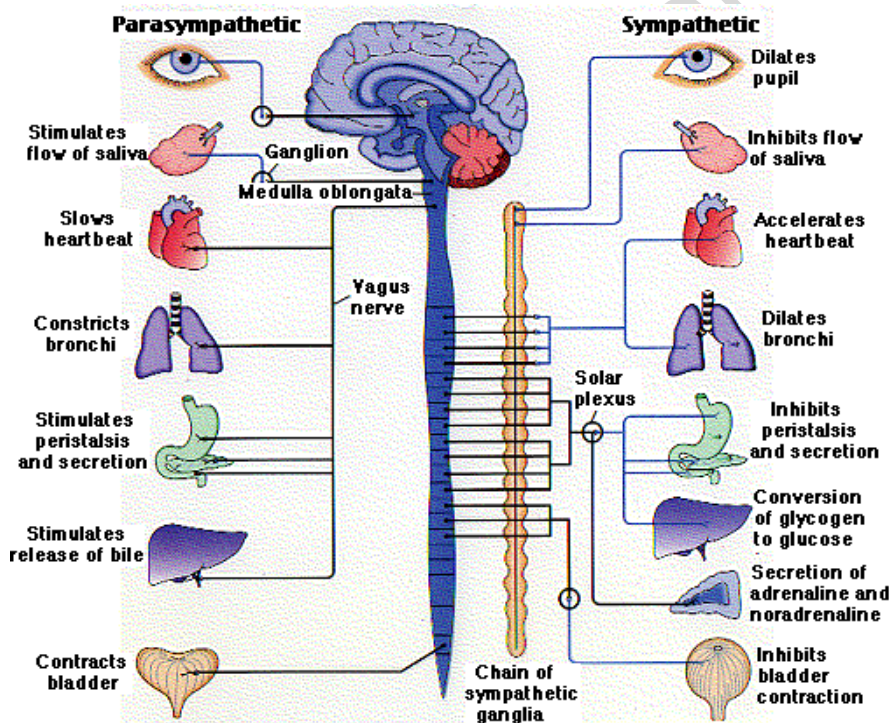


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# The Nervous System

The nervous system senses, analyses and responds to stimuli in the body. The basic structure of the nervous system is as follows

	<b>NERVOUS SYSTEM</b>			
<b>CENTRAL NERVOUS SYSTEM</b>	Splits into	<b>PERIPHERAL NERVOUS SYSTEM</b>		
	<b>SOMATIC NERVOUS SYSTEM</b>	Splits into	<b>AUTONOMIC NERVOUS SYSTEM</b>	
	Has 31 pairs of spinal nerves and 12 pairs of cranial nerves		Supplies impulses to smooth muscles, cardiac muscles and skin	
		<b>Sympathetic Division = Fight or flight</b>	<b>Splits into</b>	<b>Parasympathetic Division = Rest &amp; repose</b>



## **The Circulatory system**

The circulatory system is made up of the vessels and the muscles that help and control the flow of the blood around the body. This process is called circulation. The main parts of the system are the heart, arteries, capillaries and veins.

As blood begins to circulate, it leaves the heart from the left ventricle and goes into the aorta. The aorta is the largest artery in the body. The blood leaving the aorta is full of oxygen. This is important for the cells in the brain and the body to do their work. The oxygen rich blood travels throughout the body in its system of arteries into the smallest arterioles. On its way back to the heart, the blood travels through a system of veins. As it reaches the lungs, the carbon dioxide (a waste product) is removed from the blood and replaced with fresh oxygen that we have inhaled through the lungs.

## **The Nervous System**

The nervous system is a very complex system in the body. It has many, many parts. The nervous system is divided into two main systems, the central nervous system (CNS) and the peripheral nervous system. The spinal cord and the brain make up the CNS. Its main job is to get the information from the body and send out instructions. The peripheral nervous system is made up of all of the nerves and the wiring. This system sends the messages from the brain to the rest of the body.

The brain keeps the body in order. It helps to control all of the body systems and organs, keeping them working like they should. The brain also allows us to think, feel, remember and imagine. In general, the brain is what makes us behave as human beings.

The brain communicates with the rest of the body through the spinal cord and the nerves. They tell the brain what is going on in the body at all times.

## Spinal Cord

Nerves divide many times as they leave the spinal cord so that they may reach all parts of the body. The thickest nerve is 1 inch thick and the thinnest is thinner than a human hair. Each nerve is a bundle of hundreds or thousands of neurons (nerve cells). The spinal cord runs down a tunnel of holes in your backbone or spine. The bones protect it from damage. The cord is a thick bundle of nerves, connecting your brain to the rest of your body.

## The Endocrine System

There is another system that works with the brain and nerves to keep the body in order. This is the endocrine or hormone system. It controls the rate we grow, our feelings of hunger, our body temperature, and more. Glands are organs that run the endocrine system. The pituitary gland, the pancreas, ovaries (only in females) or testes (only in males), the thyroid gland, the parathyroid gland, and the adrenal glands are organs that run the endocrine system.

## The Central Nervous System

There are five main senses - touch, smell, taste, hearing and sight. These are the external sensory system, because they tell you about the world outside your body. Your senses tell you what is happening in the outside world. Your body's sense organs constantly send signals about what is happening outside and inside it to your control center - the brain.

The cerebrum is part of the forebrain. The cerebral cortex is the outer layer of the cerebrum. Certain areas of the cerebral cortex are involved with certain functions. Sensory areas such as touch, smell, taste, hearing and sight receive messages from the skin, nose, mouth, ears and eyes. We feel, taste, hear and see when these messages are received by the sensory parts of the brain.



## The Digestive System

The human body needs fuel to live. We eat food for fuel. But just getting the food into the body is only a small part of the process. The food must be broken down into chemicals that the body can use. This whole process is called digestion. Some of the organs involved in digestion are the mouth, oesophagus, stomach, small and large intestines, gallbladder, pancreas and liver.

## The Respiratory System

All animals need oxygen to live. Land animals get oxygen from the air. Without the oxygen in the air we cannot survive more than a few minutes. Breathing happens automatically, we do not have to even think about it. We breathe in order to take oxygen into our bodies and get rid of carbon dioxide. The oxygen is carried in the blood to all the body's cells. The air we breath out has 100 times more carbon dioxide than the air we breath in.

## The Urinary System

The urinary system includes the kidneys, bladder and tubes. These organs control the amount of water and salts that are absorbed back into the blood and what is taken out as waste. This system also acts as a filtering mechanism for the blood. The kidneys are a filter for the blood.

## Muscles

Muscles are responsible for your body's every move. Muscles keep your gut from sagging and your lungs pounding. Muscles are more than movers. Muscles make the heat that keep you warm. If you leap, bend, or reach, this is a result of a muscle action. A muscle makes itself smaller when it contracts and larger when it relaxes. Follow the lizards to find out about the three types of muscles and what they do in the body.

Skeletal muscles move and support the skeleton. Smooth muscles are found in the hollow parts of the body. Cardiac muscles cells are striped, like skeletal muscle cells. Cardiac muscles contract automatically to squeeze the walls of the heart inward.

## The Spine

The spine is the central support for the body. Another word for the spine is the backbone. The spine is made of separate irregular bones called vertebrae. The vertebrae are made up of spongy or cancellate bone surrounded by a layer of compact bone. In between each vertebrae is a layer of cartilage that keeps the bones from rubbing against each other.

There are twenty six vertebrae in the spine. Although each vertebrae can only move a little bit, the total spine is very flexible. The spine of a human being is curved. Most other mammals have a straight spine. The curves allow the spine to support and balance the body on only two legs.

## The Lymphatic System

The lymphatic system consists of organs, ducts, and nodes. It transports a watery clear fluid called lymph. This fluid distributes immune cells and other factors throughout the body. It also interacts with the blood circulatory system to drain fluid from cells and tissues. The lymphatic system contains immune cells called lymphocytes, which protect the body against antigens (viruses, bacteria, etc.) that invade the body.

Main functions of lymphatic system are:

to collect and return interstitial fluid (between cells), including plasma protein to the blood and thus help maintain fluid balance,  
to defend the body against disease by producing lymphocytes,  
to absorb lipids (fats) from the intestine and transport them to the blood. There are lymph nodes

Under your arms, in your armpits  
In each groin (at the top of your legs)  
In your neck  
Your abdomen  
Your pelvis  
Your chest

Other body organs involved in the Lymphatic System are: Spleen, Thymus, Tonsils & Adenoids

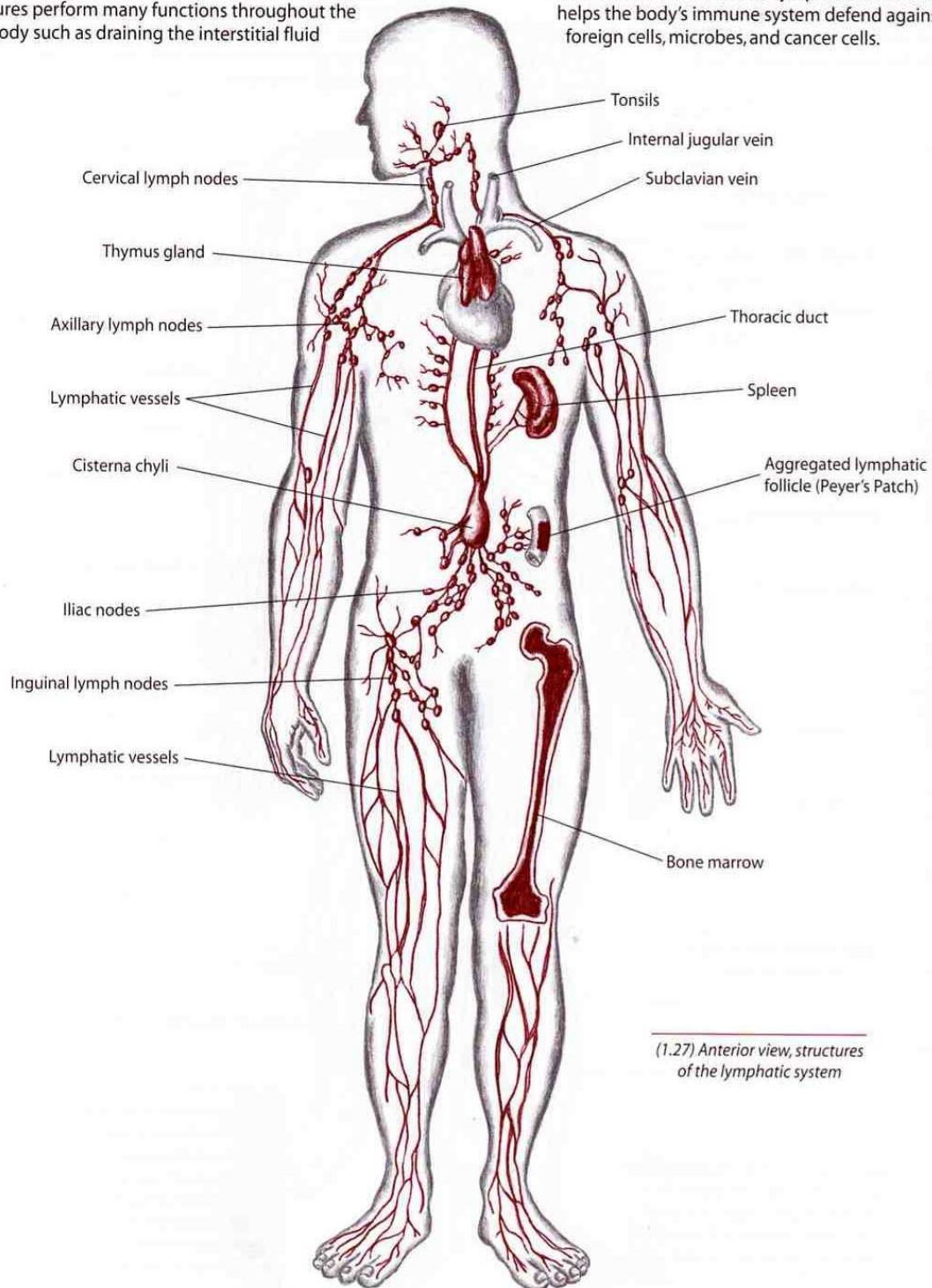
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# The Lymphatic Vessels of the Body

## The Lymphatic System

The lymphatic system is composed of several organs, yellow fluid called lymph, small microscopic vessels called lymphatics, and lymph nodes. These structures perform many functions throughout the body such as draining the interstitial fluid

which escapes from capillaries and transporting it back to the heart. Lymphatic vessels carry fats from the intestines to the blood. Lymphatic tissue also helps the body's immune system defend against foreign cells, microbes, and cancer cells.



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## The Spine

Understanding the fundamental anatomy and function of the spine is key to understanding injuries to and diseases of the spine.

The spine has several special roles in the human body. It:

- Protects the spinal cord (which connects nerves to the brain);
- Provides the support needed to walk upright;
- Enables the torso to bend;
- Supports the head.

Viewed from the side, the spine has a natural "S" curve.

The main sections of the Spine

**Cervical** - commonly referred to as the neck. There are **seven cervical vertebrae** (doughnut-shaped bones) that connect the skull to the rest of the spine. **Thoracic** - The spine's thoracic section begins at the shoulders and extends down to the end of the rib cage. There are **12 vertebrae in the upper back**, with **shock-absorbing discs between them**. Scoliosis commonly affects the thoracic section of the spine. **Lumbar** - The lumbar section, or lower back, has **five vertebrae**. These vertebrae, separated by discs, are the largest in the spine. The lumbar section is also a common location for scoliosis to occur.

**Sacrum** - There are **five vertebrae** that join together to form the sacrum, a wedge-shaped part of the spine that rests at the top of the pelvis. **Coccyx** - often referred to as the tailbone, consists of **four vertebrae**.

**Vertebrae** - The spine has **33 doughnut-shaped bones called vertebrae**. Each vertebra is assigned a letter and a number that identifies its location in the spine.

**Discs** - Between each pair of vertebrae is a **spongy cartilage, or disc**. **Intervertebral discs** act as **shock-absorbing cushions**. Spongy disks are located between the vertebrae.

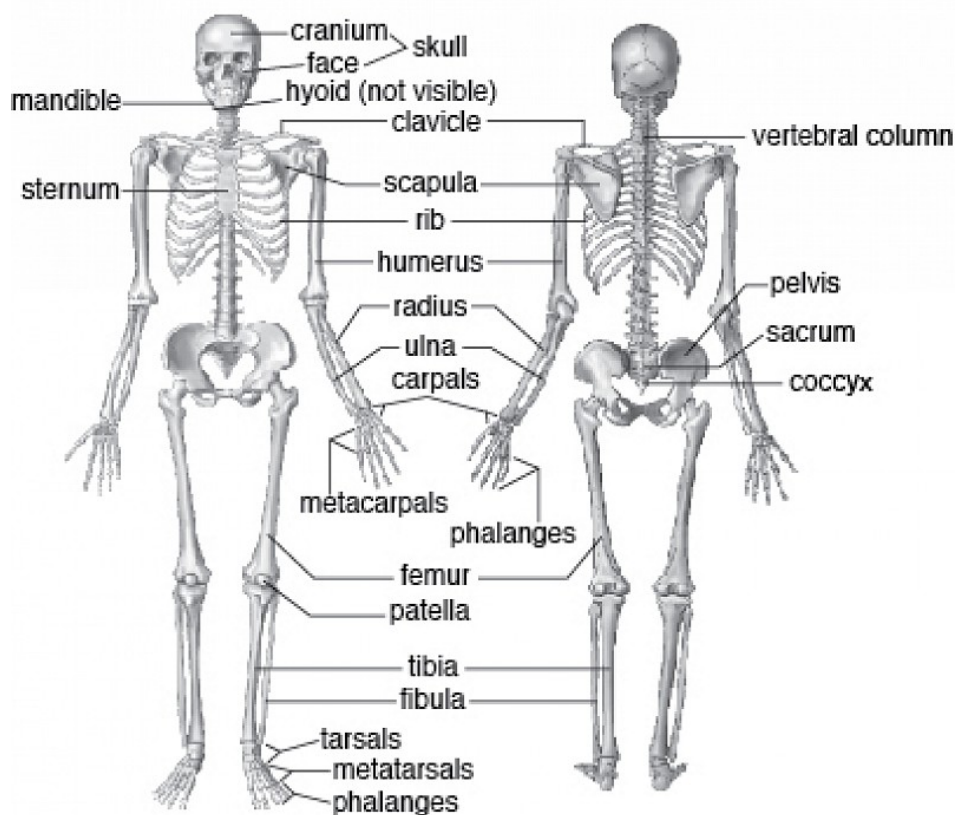
**Spinal cord** - **nerve tissue** which, extends from the **brain** and is protected by the spine. It carries information between the body and the brain via the nerve roots.

**Nerve root** - the **main nerve branch off the spinal cord**, leaving the spine through openings between the vertebrae at the level of the disc.

**Facet joint** - paired joints which **attach the rear section of one vertebrae to those above and below**.

**Sacroiliac joint** - where the **sacral spine attaches to the pelvis**. **Tendon** - tough fibrous tissue which **attaches muscle to bone**.

**Ligament** - tough fibrous tissue which **attaches bone to bone** which provides joint stability.

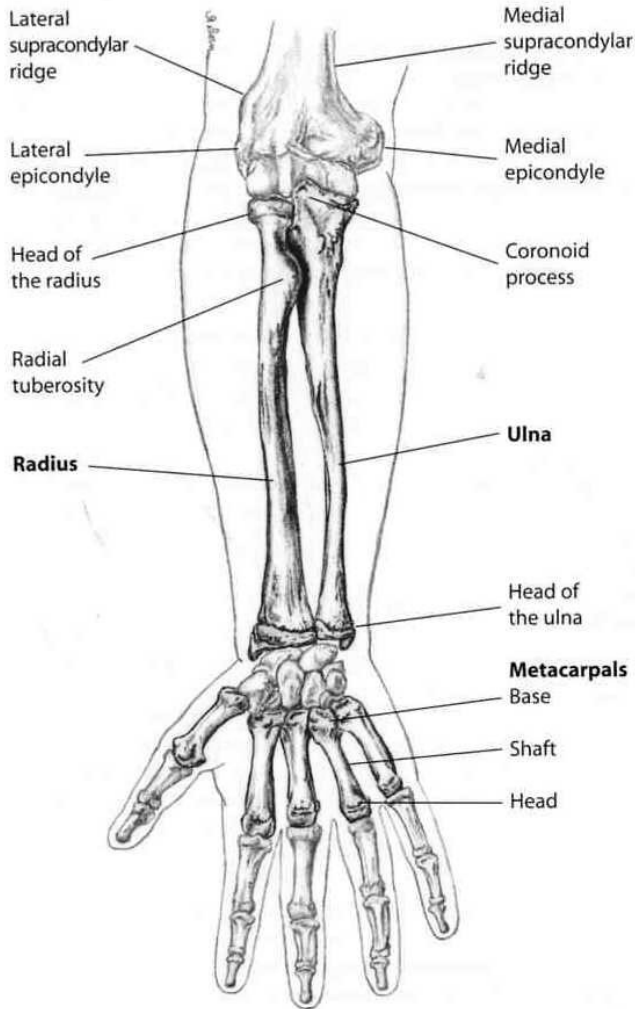


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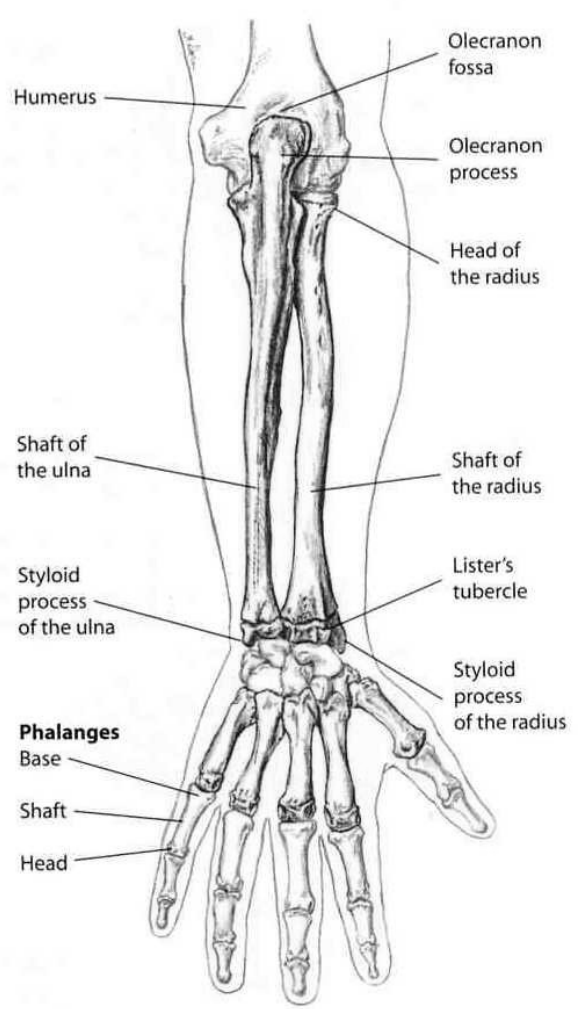
Illustrations taken from "The Trail Guide" by Andrew Biel - ISBN: 0-9658534-1-1



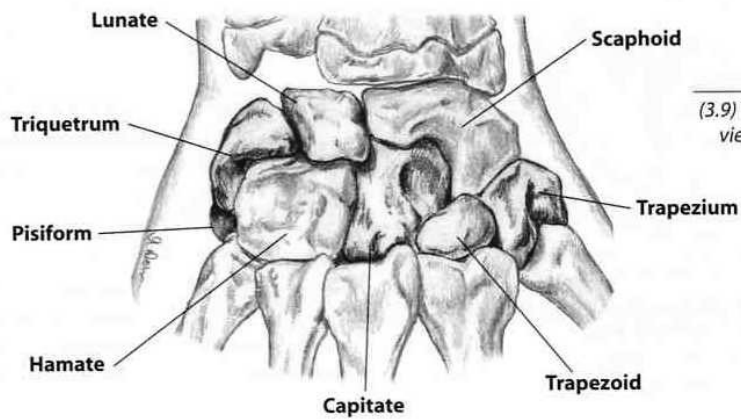
# Bones of the Forearm and hands



(3.7) Anterior (palmar) view of right forearm and hand

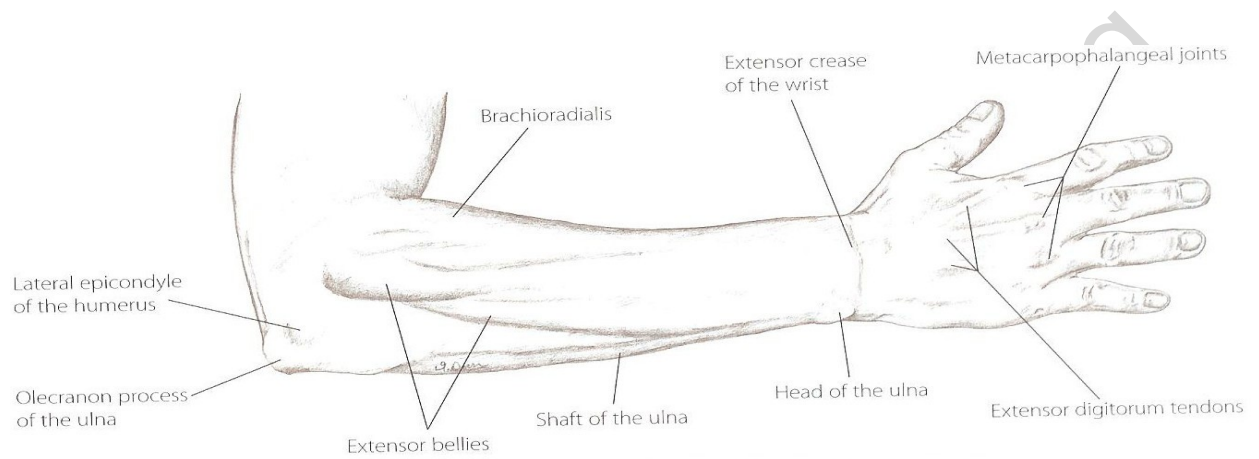


(3.8) Posterior (dorsal) view of right forearm and hand



(3.9) The carpals (dorsal view of right hand)

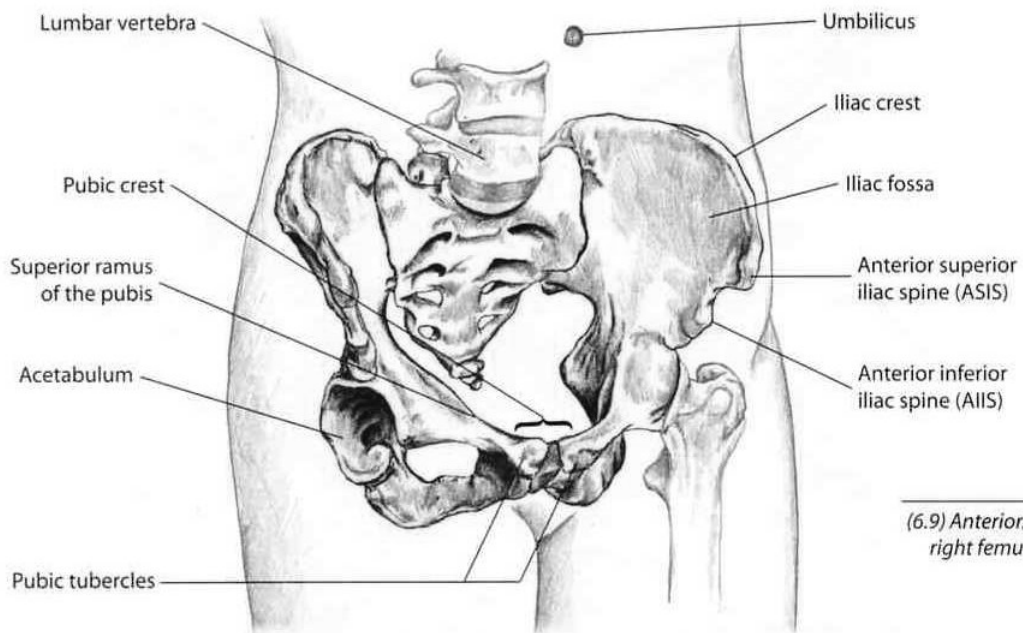
## Position of the Lateral Epicondyle & Acromion Process



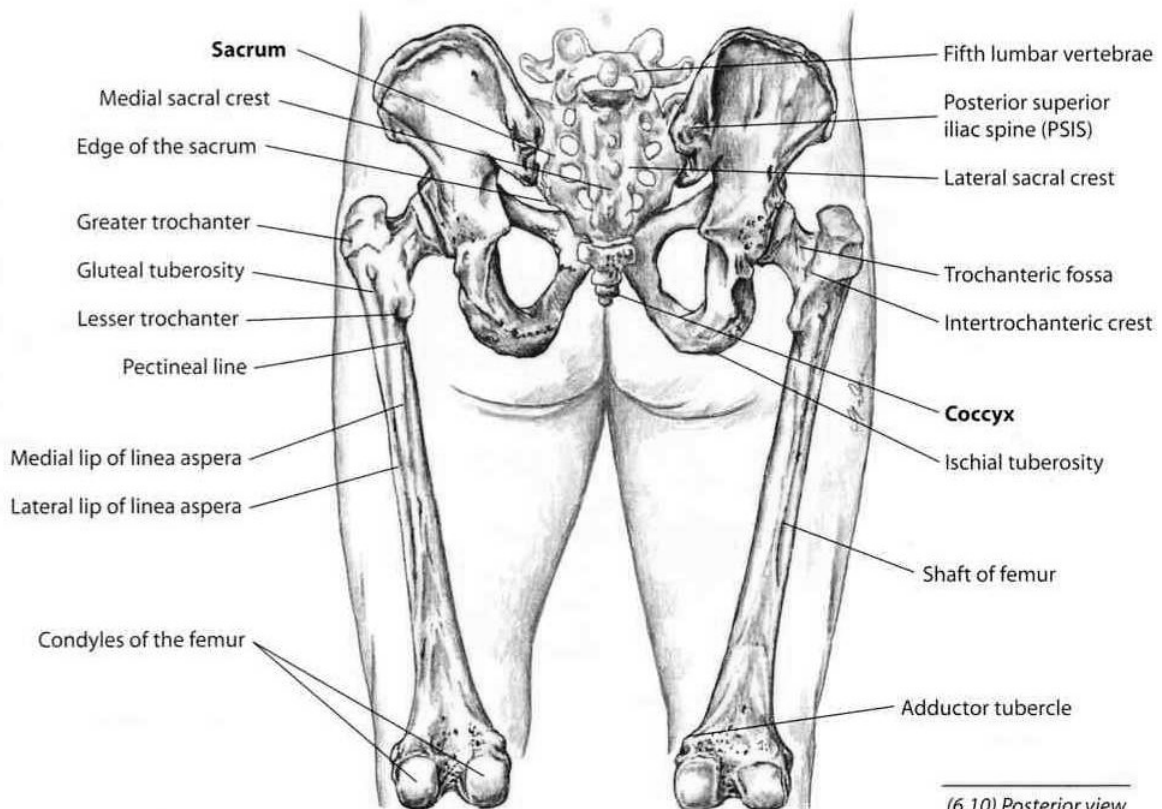
(3.1) Lateral view of right forearm and hand

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## Bones of the Hip

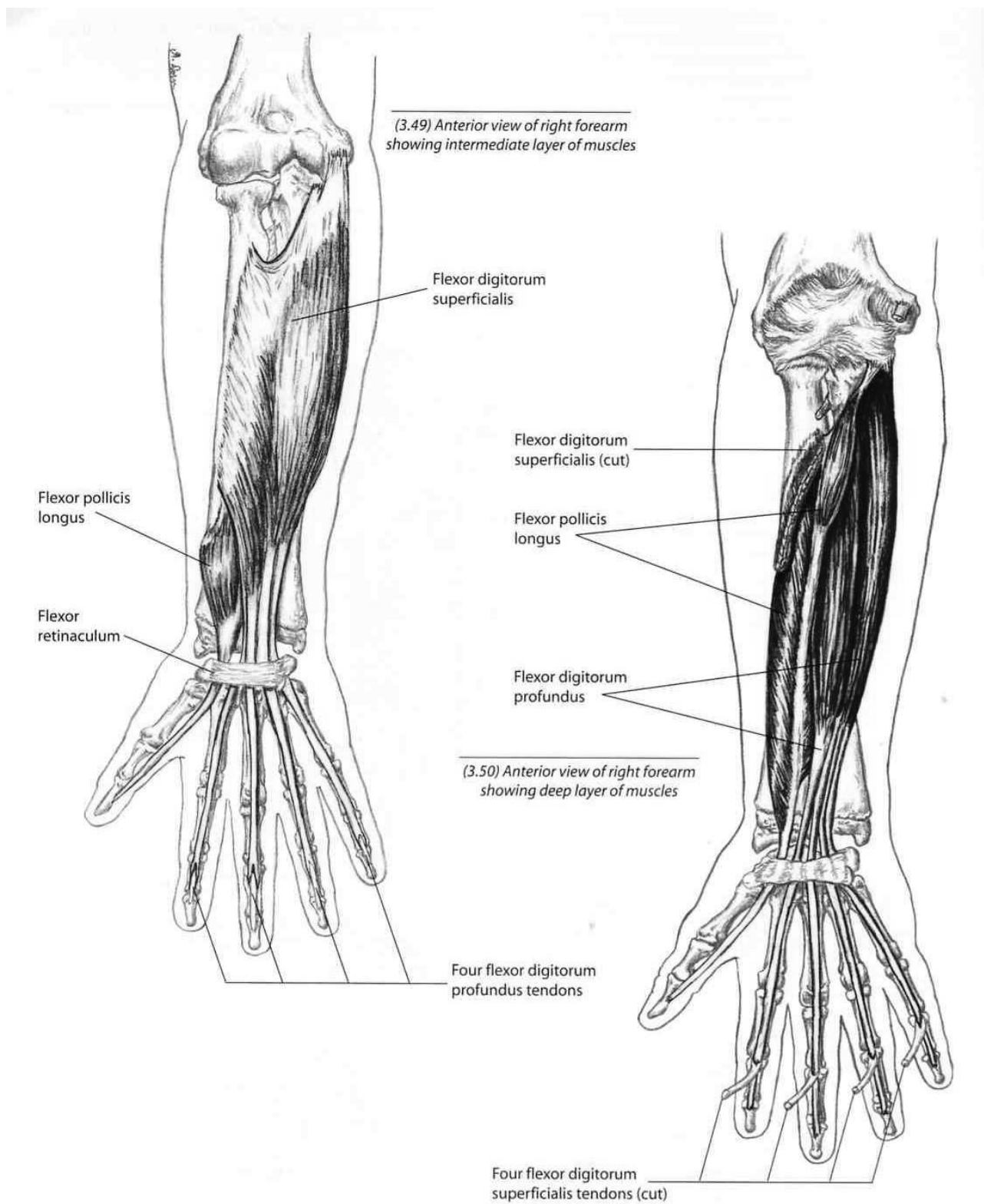


(6.9) Anterior/lateral view, right femur removed



(6.10) Posterior view

## Muscles of the Forearm and Hands



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## What are Meridian Lines and what is Meridian Energy?

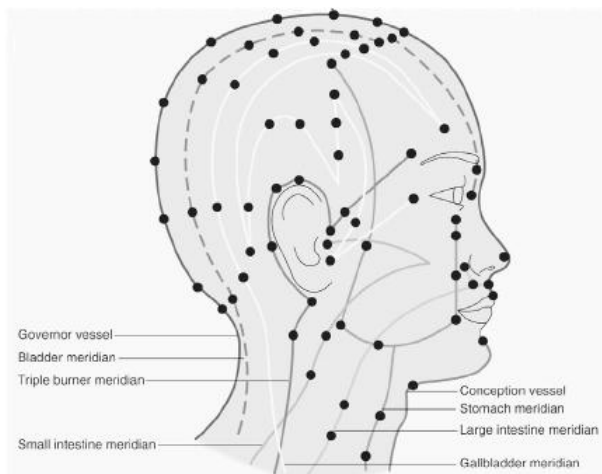
Meridians are the body's energy pathways that act like a super-highway, with Acupoints along their channels that connect like hundreds of tiny pools of electro- magnetic energy. They are energetic pathways that serve organs and systems in the body. They were named by the life function associated with them – there are 12 of these primary pathways plus 2 extra channels; for example there is a Liver meridian, a Heart meridian, Kidney meridian and so on.

To the majority of Western scientists, acupuncture meridians seem like imaginary structures because there are no published anatomical studies of the meridians in orthodox medical journals to substantiate their existence. They prefer to believe that nerve pathways constitute the true mechanism of acupuncture therapy. Meridians are the pathways of the positive and negative energy power, which carries on some of the communication between the various parts of human beings.

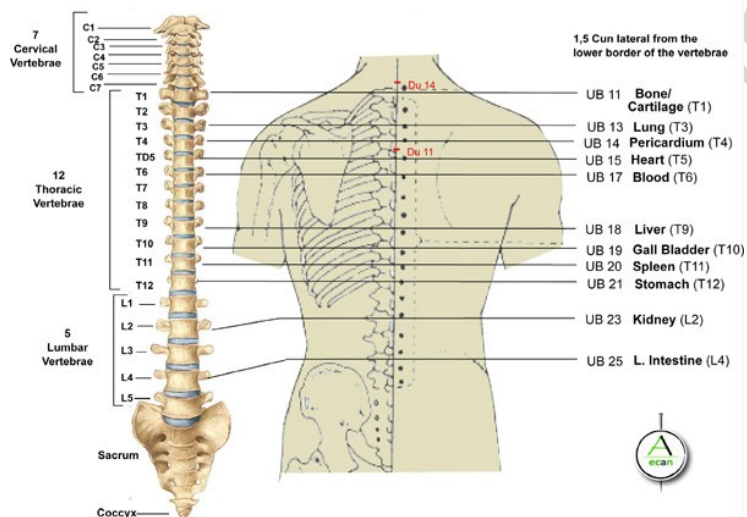
### Meridian Energy Pathways

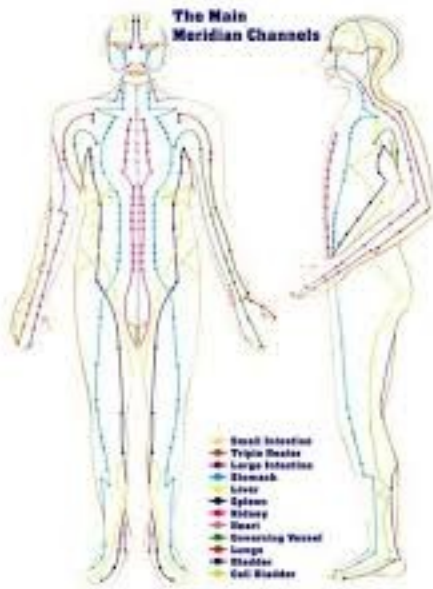
In provinces of China, where the doctor's primary job is seen as maintaining health by keeping people's meridian energies balanced, the physician is paid only as long as the person was well. If the doctor had to treat an illness, he had failed and so the patient didn't pay. This is in direct contrast to traditional western medicine where doctors wait for physical symptoms to appear before intervening in a person's health!

## Meridian Energy (Acupressure) Points on the face and Head



## Bladder Meridian





### Names of 12 Major Meridians in the body

GB	Gall Bladder
KD	Kidney
HT	Heart
PE	Perricardium
LU	Lung
LI	Large Intestine
SI	Small Intestine
TH	Triple Heater (sometimes referred to as
TB	Triple Burner or TW – Triple Warmer)
ST	Stomach
SP	Spleen
BL	Bladder
CV	Conception Vessel
GV	Governing Vessel



## Some useful Acu-points

Li 4

Master Point for head and face, treats headaches and influences the circulation of Qi and Blood

GB 20

All issues of the head, face, throat and sense organs (eyes, ears, nose, tongue). Headache, especially occipital.

Eye issues.

Issues of the neck, shoulders a/or upper back - pain, weakness, stiffness. Hypertension, especially with LV Yang Rising.

GB21

Local point for occipital headache, tight trapezius muscles and/or neck/shoulder pain.

Strongly influence Qi downward - useful for rebellious Qi, cough.

**Contraindicated in Pregnancy**, useful for difficult labour, retained placenta.

ST36

Tonify deficient Qi a/or Blood.

Tonify Wei Qi and Qi overall - low immunity, chronic illness, poor digestion, general weakness, particularly with [moxibustion](#), very important acupuncture point for building and maintaining overall health.

All issues involving the Stomach a/or the Spleen -

SJ / TH 5

Upper limb disorders including the elbow, forearm, wrist and hand.

LI11

**Reduction of high fevers, Damp Heat** skin diseases, red, itchy, oozing & inflamed

GB30

Sciatica, pain, numbness, atrophy of lower back, hip, buttocks a/or lower limbs.

Sp6

Digestive disorders.

Gynecological issues, male sexual issues, difficult labor (expel fetus). Menstrual issues (irregular, amenorrhea, dysmenorrhea).

Insomnia, palpitations, and other anxiety related emotions. Dizziness, hypertension.

BL60

Main point for pain anywhere along the spine. Main point for chronic low back pain a/or problems of pain a/or numbness in the lower limbs.

Main point for headache and other excesses effecting the head.

BI54

Sciatica especially if pain radiates along the posterior aspect of the leg

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## Ways of Promoting your Business

- Marketing is defined as anything and everything that you do on a daily basis to attract potential clients. The end goal is to get the person to make an appointment with you and become a regular customer. The word marketing can be quite scary, but it really just means building a good name for your company. Marketing includes promotion, education, advertising, education, service
- This list of ideas is quite extensive. Most massage therapists can come up with many ideas on how to market one's business. The key to a successful and rewarding practice is to find a way of marketing that is in tune with who you are - what your values and beliefs are.
- When you are able to develop a plan based on who you are, your practice will flourish.
- Use Social media to promote yourself, Facebook, LinkedIn and Instagram
- Give your clients gift certificates to give to their friends and family.
- Regularly post on Facebook to your clients and let them know what times you have available that week.
- Do market research and find out what others in your area are doing and how they are marketing.
- Return all phone calls, messages and emails within hours or at least the same day.
- Give regular clients an incentive - Buy 5 massages and pay up front and get £5.00 off of each massage etc..
- Read marketing and business books, watch vids and join groups to keep inspired.
- Have your clients write feedback/ testimonials for flyers or brochures. (get their permission to use these on your site or brochures)
- Call your client the next day after a session to see how they feel.
- Set up a regular treatment time for repeat customers i.e. 2:00 on Thurs for them exclusively. It's easier for them to remember when their appointment is and it fills your schedule.
- Send offers for gift certificates for holidays such as Christmas, Valentine's Day.
- Write regular Blogs
- Offer taster sessions
- Give free consultations.
- Create your website with informational articles, e-mail newsletter, discounts, gift certificates, etc.
- Introduce yourself to other practitioners (naturopaths, acupuncturists, physical therapist, chiropractors, psychologists, counsellors, herbalists, MD's, osteopaths, orthopaedic physicians, etc.). Ask for referrals. Ask them for information about themselves too so that you can refer to them.
- Post regular announcements on Facebook to your clients offering reminders, health tips etc.
- Donate gift certificates to auctions for local non-profit business such as art museums, schools or other community services.
- Make a thorough [business plan](#) and refer to it often. Revise it often.
- Attend conferences and events and take a table or stand if possible.
- Get set up to take credit cards through your business account.
- Set up regular business hours so people know they can count on you.

- Keep your mailing list up to date. Keep track of everyone who comes to see you.
- Develop an Information sheet for new prospective clients telling them everything they need to know about getting a treatment such as location, cancellation policies, and educational material.
- Make brochures, flyers, business cards, gift certificates
- Research rates and price structures in your area to make sure you are charging fairly.
- Become an Expert in your field.
- Offer your clients a refer a friend incentive.
  
- Keep up on techniques and methods, always improving yourself and your treatments.
- Know who your customers are!!! Athletes, business people, professionals and develop a plan for each group.
- Join the Chamber or a breakfast club with other professionals
- Run promotions for the various holidays emphasizing gift certificate sales: Christmas, Valentine's Day.
- Volunteer your time to charities or non-profit organization.
- Make You Tube / Vimeo videos to educate the public as to what your services are, build trust with potential clients, and share your thoughts, ideas, and beliefs.
- Set up a network of other massage therapists that you can refer out to for specialized work.
- Create a [clear vision](#) of what you want and need based on your values.
- Call clients to remind them of their appointments.
- Change your voice mail message every day to let clients know what openings you have each day or when your next opening is.
- Review your business plan often.

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## Recommended Reading

Anatomy

“The Trail Guide” by Andrew Biel - ISBN: 0-9658534-1-1

Very intensive and informative in-depth breakdown and illustrations

2.

HOW TO GET THERAPIST INSURANCE AND ALSO INFORMATION ABOUT JOINING A PROFESSIONAL BODY

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[www.theschooloffinetuning.com](http://www.theschooloffinetuning.com)

**Notes**

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