



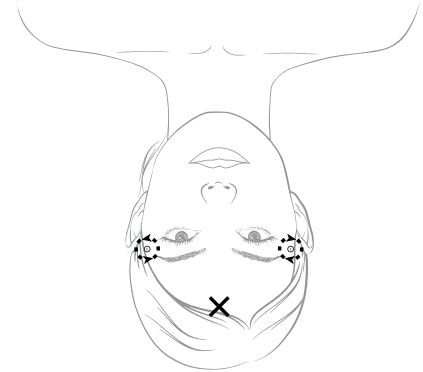
SIGNATURE MARMA MASSAGE FACIAL PROTOCOL

STEP 1



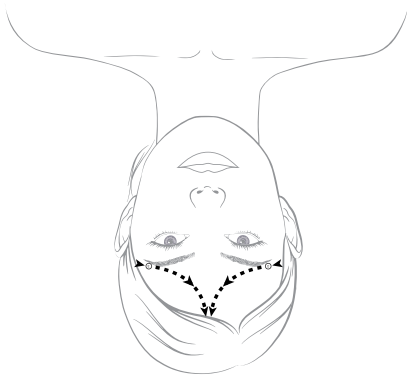
Position thumbs at crown chakra (MP 1) apply gentle pressure, press and release.

STEP 2



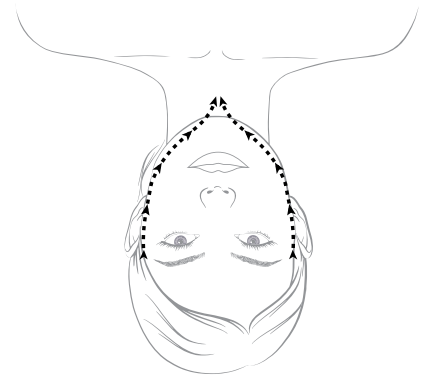
Position thumbs at mid hairline (MP 2) with sides of index finger of each hand, start an upward circular movement at the temples (MP 3) Repeat 3 times. End by applying slight pressure on the temples.

STEP 3



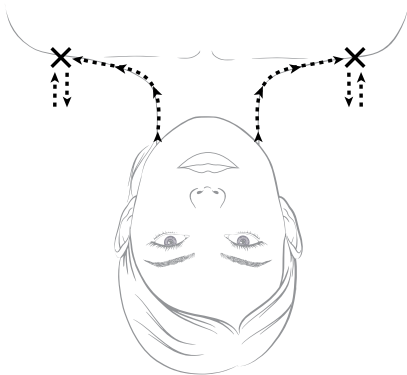
Apply light pressure strokes and begin namaste movement over frontalis. Repeat 3 times.

STEP 4



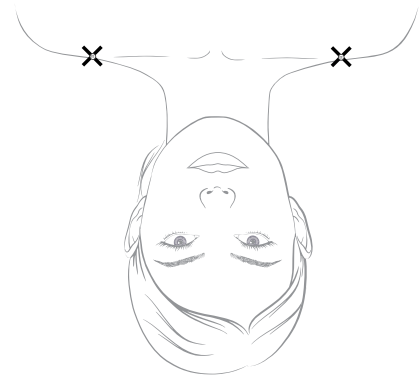
Effleurage in a downward movement on the side of the face towards the chin. Apply light pressure strokes and begin namaste movement over mentalis. Repeat 3 times.

STEP 5



Effleurage in a downward movement down the neck to shoulders. With palm of hand, gently press each shoulder in an alternating pattern with downward movement. Repeat 3 times.

STEP 6

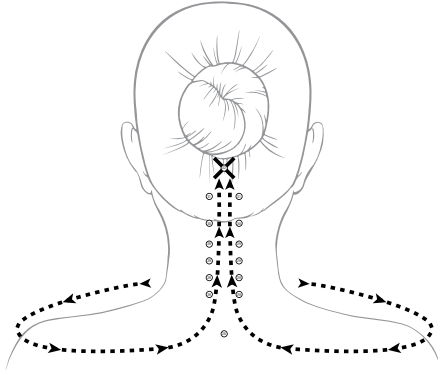


Transition hand placement on upper trapezius muscle at mid-shoulder (MP 33). Using thumbs, apply gentle pressure at mid shoulder - press and release. Repeat 3 times.



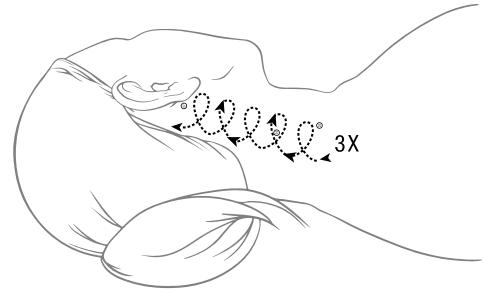
SIGNATURE MARMA MASSAGE FACIAL PROTOCOL

STEP 7



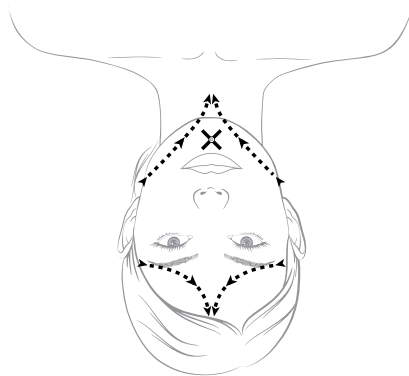
Effleurage around shoulders to back of neck, gently glide up neck, press + release at each marma point, to occipital ridge (MP 31 | 32) - press + release.

STEP 8



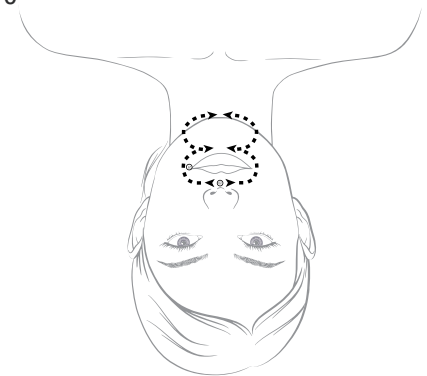
Transition to circular movements on sides of neck, moving upwards to behind ears (MP 27). Repeat circular movements behind ears 3 times.

STEP 9



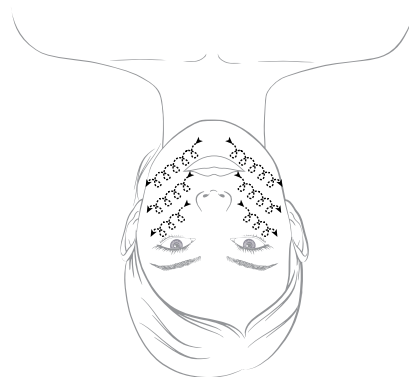
Effleurage over to mentalis and begin slow namaste movements, transitioning to frontalis and begin slow namaste movement. Repeat slow namaste movements from mentalis to frontalis 6 times - mimicking a wave. End at mentalis, with index finger gently press and release at mid chin (MP 22).

STEP 10



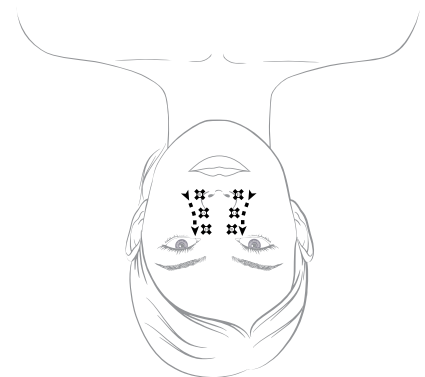
Creating a figure eight movement, with the middle + ring finger of both hands, draw the fingers from the center of the upper lip (MP 20), around the mouth (MP 21), under the lower lip, and then continue a circular pattern under the chin. Repeat 6 to 8 times.

STEP 11



Slide to the center of the chin (MP22). Using all four finger tips of each hand, start a circular movement at the center of the chin and move up to the earlobes. Continue circular movements outward across the cheeks to the top of the ear. Repeat circular passes 6 times.

STEP 12

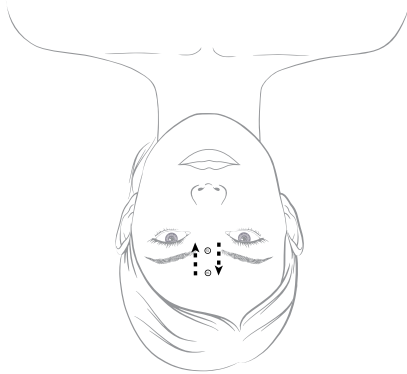


Transition to sides of nostril (MP 18) with index finger, gently press and release. Moving up the sides of the nose, with index finger, gently press and release at (MP 17) and (MP 16).



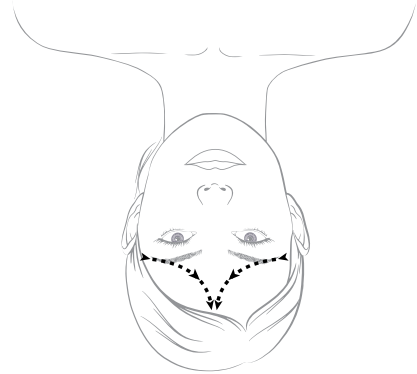
SIGNATURE MARMA MASSAGE FACIAL PROTOCOL

STEP 13



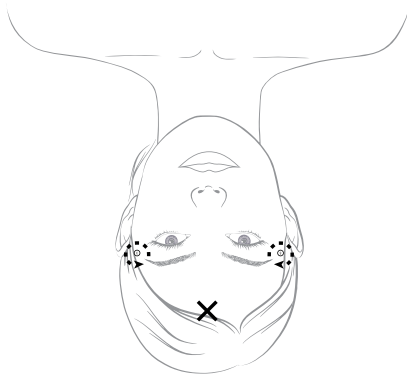
Slide up to the center of the eyebrows (MP 15) and with index fingers of both hands, begin slow friction movement in a snake movement up to third eye (MP 14). Repeat 6-8 times.

STEP 14



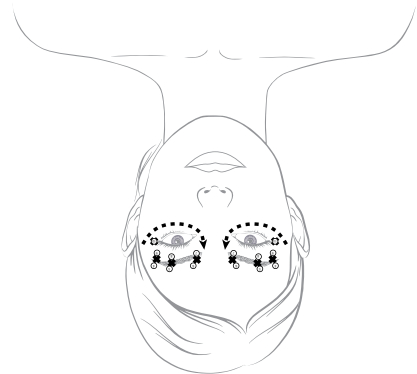
Apply light pressure strokes and begin namaste movement over frontal area. Repeat 3 times.

STEP 15



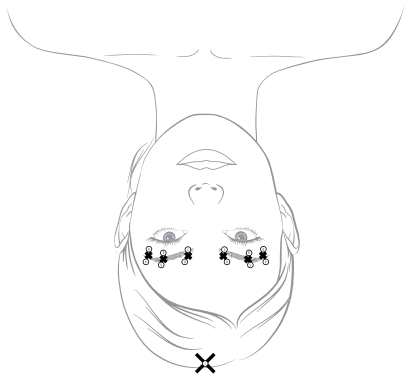
Position thumbs at mid hairline (MP 2) with sides of index finger of each hand, start an upward circular movement at the temples (MP 3) Repeat 3 times. End by applying slight pressure on the temples.

STEP 16



From temples, swipe fingertips under the eye, up nose, to start of eyebrow. Using index finger and thumbs begin to grasp and hold at start of eyebrow (MP 6 & 7). Slowly move to mid brow (MP 5 & 8) grasp and hold. Moving to end of brow (MP 4 & 9) grasp and hold. With ring finger, press and hold at MP 10, outer corner of eye.

STEP 17



Transition thumbs to crown chakra (MP 1) and rest fingertips at eyebrow, with slight pressure, press and hold marma points at supra orbital. Release. Repeat 3 times.

STEP 18

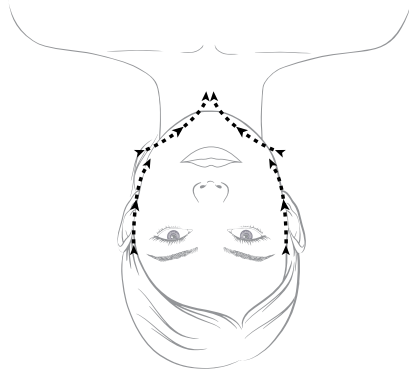


Apply light pressure and begin namaste movement over frontal area. Using the ring finger + middle finger of both hands, transition to make large figure eight movement on frontal area. Repeat 6 times.



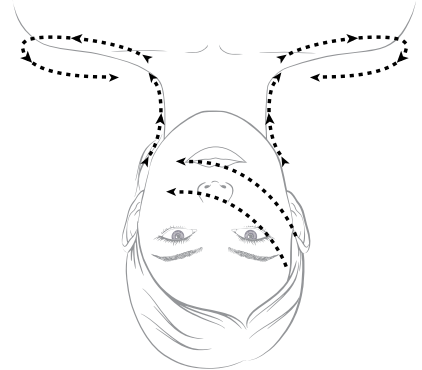
SIGNATURE MARMA MASSAGE FACIAL PROTOCOL

STEP 19



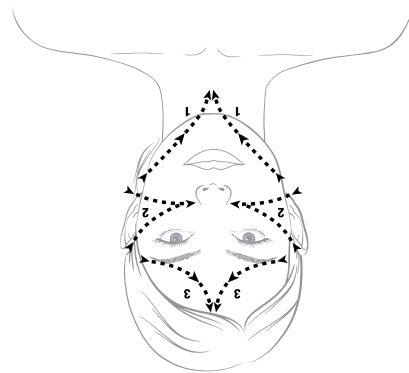
Effleurage in a downward movement on the side of the face towards the chin. Apply light pressure strokes and begin namaste movement over mentalis. Repeat 3 times.

STEP 20



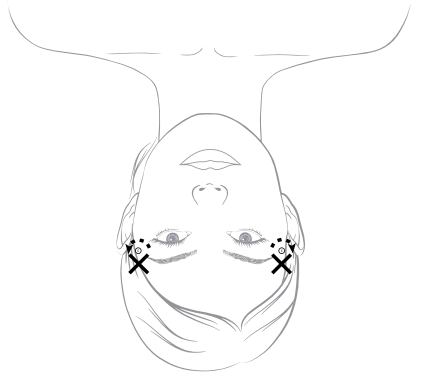
Gently turn head to the side and begin effleurage movement down the sides of neck, around shoulder and back up neck, ending behind the ear at MP 27- press and hold. Repeat 3 times. Transition and turn head to opposite side and repeat same movement 3 times.

STEP 21



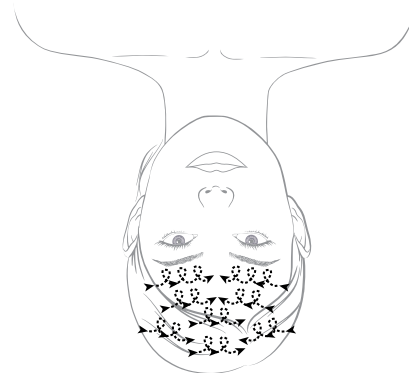
Apply light pressure and begin namaste movement over mentalis, moving upwards, gently roll your hands up sides of cheeks and namaste cheeks, moving up to frontalis and slowly namaste 3 times.

STEP 22



With the middle + ring finger of each hand, start a circular movement at the temples (MP 3) Repeat 3 times. End by applying slight pressure on the temples.

STEP 23



Using circular movements, gently stroke the frontalis up to the scalp.

STEP 24



Position thumbs at crown chakra (MP 1) apply gentle pressure, press and release