



The Pep in Your Step

Utilize a combination of movement, compression, myofascial release and reflexology to help your clients put the pep back in their step with this hip to foot treatment routine.

Ingredients

- Controlled-Glide Massage Creme [1 oz]
- Marine Therapy Pedi-Balm [.5 oz]

Instructions

1. Position client on the massage table in a supine position.
2. Perform a gentle rocking compression from the hip to the foot of each leg.
3. Starting at the client's right hip, apply a 5 second compression just under ASIS. Slowly increase the pressure of the compression. Repeat movement down the entire leg until you reach the foot. Repeat on left leg.
4. Squeeze a nickel size amount of Controlled Glide Massage Creme into the palm of your hand. Rub hands together and then apply creme to client's right leg from the ankle to the hip.
5. Perform 4 slow effleurage stokes from the knee to the hip, starting at IT band and moving slightly medially with each successive stroke.
6. Perform 4 slow push/pull movements starting at the client's knee and moving to the hip.
7. Repeat 4 & 5 on the lower leg.
8. Repeat 4 – 7 on the left leg.
9. Have client turn to a prone position.
10. Repeat 3-7 on each posterior leg.
11. Squeeze a dime size amount of Marine Therapy Pedi-Balm into your palm. Rub hands together and apply product to client's right foot.
12. Using your knuckles, slowly stroke from heel of the foot to the toes.
13. Gently pull each toe.
14. Separate the tissue on the bottom of the foot with the palms of your hands.
15. Apply specific pressure to reflex points along the lateral edge and palm of the foot.
16. Repeat on left foot.



Session Time: 30 minutes*

Recommended Price: \$45

Cost Per Treatment: \$1.73