

# BOND REPAIR MASSAGE STEP-BY-STEPS

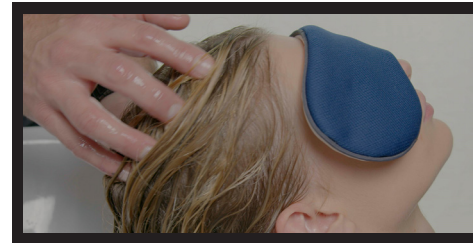
## STEP 1 :

Press your hands on either side of client's scalp. Ask them to take 2 deep breaths; as they exhale, slowly press your hands together with a gentle compression stroke. This technique helps your client focus by bringing their awareness into the body.



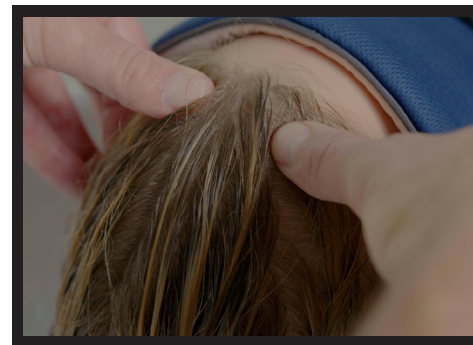
## STEP 2 :

Using the four fingers of each hand, gently use a scrubbing circular motion on the scalp (Scalp doesn't move with your fingers). Massage each area for about 5 seconds until you cover the entire scalp. This technique helps with surface circulation.



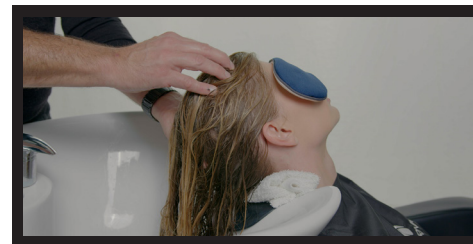
## STEP 3 :

Massage the scalp using a pinching technique with the thumbs. Start along the hairline at the midline with your thumbs facing each other about a centimeter apart. Press thumbs together lifting the scalp tissue. Continue the technique at a moderate pace along the midline until you reach the back of the head. Repeat the technique with 4 more lines (2 on each side of the midline) to cover the entire scalp. This technique relaxes muscle tissue and stimulates surface circulation.



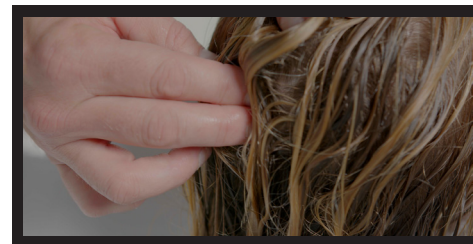
## STEP 4 :

Using palm of one hand while stabilizing head with the other hand, massage the scalp with circular motions. Remain in one spot to move the tissue (tissue moves with palm). Repeat until you cover the entire scalp. This technique relaxes muscle tissue and exfoliates.



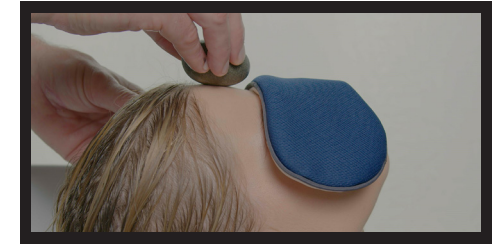
## STEP 5 :

Massage the top center of the head located at the crown of the head using circular friction motions. This point is converging area of the subtle energy of the body in the head and can help calm the mind and help one focus.



## STEP 6 :

Using your index and middle fingers (or a small warm stone if available), massage the sthapni marma point (or the 6th chakra) located in between the eyebrows with slow circular motions. This is a centering point to help one focus inward.

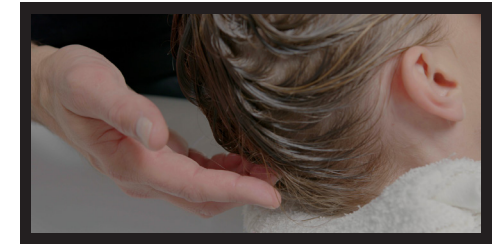


## STEP 7 :

Massage these pressure points along the occipital ridge with circular friction motions, then rinse.

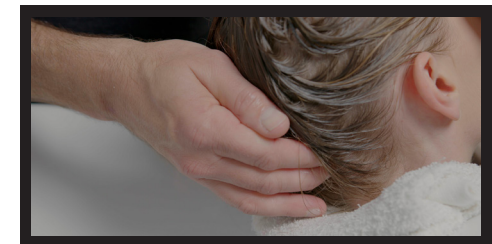
### GV 16:

Governing Vessel 16, the center of occipital ridge located along the midline at the occipital ridge posterior to the external occipital protuberance. This is the main energy channel that runs up along the midline of spine.



### B 10:

Bladder Meridian 10, one finger's width lateral on either side of the occipital ridge.



### GB 20:

Gall Bladder 20, the corner nape areas that are to one finger's width lateral of B10 on either side of the occipital ridge.



Rinse treatment. Style as desired.

