



Facial Lymphatic Massage Routine

Step	Instructions
Beginning	<ul style="list-style-type: none"> Begin by palpating the thoracic duct with small circular movements (x6).
Step 1	<ul style="list-style-type: none"> Rest fingers above the ears. Perform thumb press-release movements from the brow to the hairline (x3).
Step 2	<ul style="list-style-type: none"> Using the full length of the thumbs, alternate sliding motions from the brow to the hairline (x3 per thumb).
Step 3	<ul style="list-style-type: none"> Apply thumb pressure from the middle of the forehead to the temples, then slide down to the midpoint of the ears. Repeat these movements to cover the entire forehead, working upwards towards the hairline (typically 3 lines, x3).
Step 4	<ul style="list-style-type: none"> Use the full length of the thumb in full contact with the forehead, draining down towards the midpoint of the ears (x3).
Step 5	<ul style="list-style-type: none"> Rest thumbs between the brows, and with the pads of the fingers, lightly drain: <ul style="list-style-type: none"> - Under the eye to the midpoint of the ear. - Above the cheekbone to the midpoint of the ear. - Below the cheekbone to the midpoint of the ear.
Step 6	<ul style="list-style-type: none"> Using the index and middle fingers, drain under the jawline towards the midpoint of the ears (x3).
Step 7	<ul style="list-style-type: none"> Using the pinkie and the outer edge of the palm, drain upwards towards the midpoint of the ears. Follow with Movement #4: Using the full length of the thumb in full contact with the forehead, drain down to the midpoint of the ears (x3).
Step 8	<ul style="list-style-type: none"> Using the pinkie and the outer edge of the palm, drain upwards towards the midpoint of the ears. With the middle finger, slowly drain towards the two points above the clavicle (x3).
Step 9	<ul style="list-style-type: none"> Press down gently on the décolleté below the clavicle. Slide hands towards the shoulders. Push downwards on the shoulders towards the feet.
Step 10	<ul style="list-style-type: none"> Slide hands from the shoulders up the back of the neck and scoop the client's head into your palms. Pull elbows together. Apply gentle traction by shifting your body weight to your heels and pulling backward on the head. Do not lift the head upwards. Hold for a count of 3, then release.