



### Facial Lymphatic Massage Routine

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