

touch therapies

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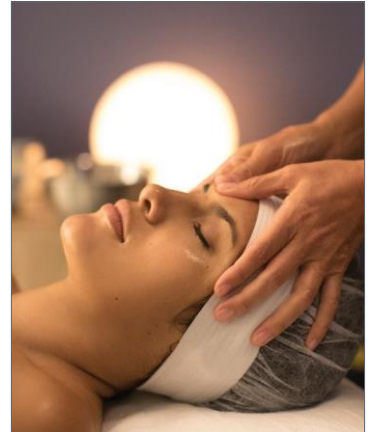
pressure point massage

benefits:

- Great for all skin conditions
- Combines aromatherapy, acupressure and lymphatic drainage
- Eliminates toxins and relaxes tissues

✓ products

Select Soothing Additive, Revitalizing Additive, Clearing Additive or Calming Botanical Mixer



step-by-step instructions:

1. Apply additive or botanical mixer onto skin and begin inhalation therapy.
2. Thumb acupressure vertical on center of forehead.
3. Thumb lymph drain vertical on center of forehead.
4. Thumb acupressure horizontal on entire forehead.
5. Palmar pad lymph drain on entire forehead.
6. Cushioned middle finger lymph drain above cheekbone from nose to ears then repeat same movement below cheekbone (alternate above and below).
7. Drain the jawline from chin to ears, then massage ears.
8. Drain forehead then jawline (repeat 5 and 7). Alternate.
9. Scoop jawline from chin to ears, glide down neck, across collarbone to shoulders.
10. Press down on front of shoulders then pivot and press down the top of shoulders.
11. Slide up back of shoulders and work occipital ridge.
12. Optional: Cradle neck movement or work reflex point on big toe.

contraindications:

Injuries, surgery, recent facial injections. If contraindicated to essential oils (pregnancy and/or allergy), please use Calming Botanical Mixer.

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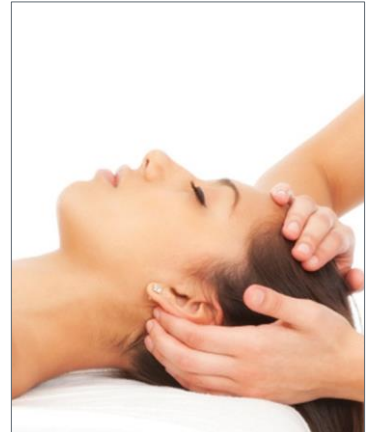
stress relief scalp

benefits:

- Great for all skin conditions
- Loosens tension on the scalp, forehead and neck
- Gentle pressure movements that calm and relax

✓ products

Soothing Additive, Revitalizing Additive, Clearing Additive
or Calming Botanical Mixer



step-by-step instructions:

Opening Movements:

1. Hara to head
2. Inhalation therapy
3. Hands on head
4. Shoulder rock and press
5. Trapezius thumb frictions
6. Neck squeeze

Working Movements:

7. Ear frictions
8. Scissor ears
9. Pressure points behind ears
10. Light comb
11. Deep comb (scratch & pull)
12. Pressure point scalp
13. Scalp waves
14. Scalp fists
15. Shampooing
16. Light comb

Closing Movements:

17. GV20 crown pressure point
18. Hand on hand pressure
19. Cover ears
20. Light comb (cat stroke)

Optional:

21. Steam towel

contraindications:

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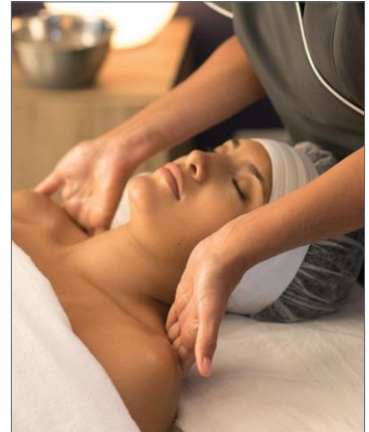
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targeted neck and shoulder benefits:

- Great for all skin conditions
- Promotes relief of stress on the head, neck and shoulders
- Focuses on full range of upper body muscle tension

✓ products

Soothing Additive, Revitalizing Additive, Clearing Additive or Calming Botanical Mixer with Massage Cream or Oil
Free Massage



step-by-step instructions:

1. Preparation techniques (apply and spread)
2. Shoulder sweep and squeeze (left side only)
3. Neck lengthening petrissage (left side only)
4. Repeat steps 2 and 3 on right side
5. Neck pump (each side)
6. Smooth and drain
7. Scapula release (each side)
8. Stretch and finish
9. Finish with removal of Massage Cream with steam towel

contraindications:

Head/neck/shoulder injuries and/or surgery. If contraindicated to essential oils (pregnancy and/or allergy), please use Calming Botanical Mixer.

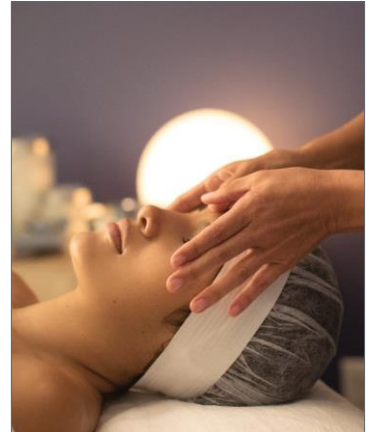
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age reversal

benefits:

- Ideal for mature or prematurely-ageing skin conditions and concerns
- Helps smooth and diminish visible signs of ageing
- Targeted movements stimulate skin renewal and repair



✓ products

Soothing Additive, Revitalizing Additive, Clearing Additive or Calming Botanical Mixer with Massage Cream or Oil Free Massage

step-by-step instructions:

Opening Movements:

1. Begin inhalation therapy
2. Application of massage medium
3. Spreading movements

Working movements- temples, forehead:

4. Circles on temples
5. Palmar drain on forehead
6. S and smooth with thumbs
7. Brow lift and smooth

Working movements-eyes:

8. T-cross on temples
9. Figure 8
10. Circles around eyes

Working movements- cheeks, mouth, jaw:

11. Cheek hooks
12. Alternating mouth smooth
13. Zygomatic lift
14. Jaw pulls

Working movements- neck, chest:

15. Platysma zigzag
16. Chest smooth
17. Pectoralis stretch
18. SCM stretch/back of neck

Closing movements:

19. Pendulum

contraindications:

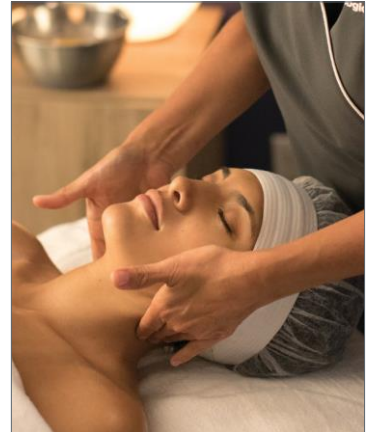
Injuries, surgery, recent facial injections and inflammation. If contraindicated to essential oils (pregnancy and/or allergy), please use Calming Botanical Mixer.

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ultracalming™ skin relief massage benefits:

- Soothes sensitive or sensitised skin conditions
- Relieves stress tension in face, sinuses, head and eye muscles
- Improves breathing, calms the psyche and relaxes the body



✓ products

Soothing Additive or Calming Botanical Mixer

step-by-step instructions:

1. Press product onto skin and begin inhalation therapy.
2. Clockwise circles on sternum.
3. Shoulder press down then forward.
4. Occipital ridge, stretch spine.
5. Pulse with middle fingers on stress point (GV16).
6. Stroke jaw and cheeks then forehead (alternate).
7. Pulse with middle finger on temples (tai yang).
8. Thenar eminence thumb stroke over brows then forefinger stroking under eyes draining to temporal node.
9. Stroke under eyes with middle finger and pinch eyebrows between thumb and forefinger to end of eyebrows.
10. Pulse with the middle finger at the inner eye socket (B1).
11. Move up to the inner brow bone and pulse (B2).
12. Pulse at end of brow near temples (TH23).
13. Using sides of thumbs, press by rolling on the zygomatic bone at the midpoint of each eye (S2).
14. Drain above and under the cheekbone (LI2).
15. Repeat 8 and 6.
16. Finger stroke outward lightly up the chest, neck and face. Finish by covering eyes and feather off over eyelids.

contraindications:

Injuries, surgery, recent facial injections. If contraindicated to essential oils (pregnancy and/or allergy), please use Calming Botanical Mixer.