



**TYLER MASON**  
SALON + SPA

# Home Massage Tips

## Set the Scene



### Mood Lighting

Turn off the lights, light a candle, cover lamps with a sheet, turn on a nightlight



### Find the Right Place

On the floor with pillows, in a chair, on the bed with a firm mattress



### Play Relaxing Music

Meditation music, spa music, whatever relaxes you



### Unplug

Turn off computers, TV and cell phones



### Aromatherapy

Scented candle, incense, essential oils



### Breathing

Take a deep breath in through the nose, hold, and exhale through the mouth

## Massage Techniques



### Effleurage

Long, slow movements over the skin applying pressure to the top layer of muscles



### Compression

Place your hands over the muscle area with light pressure and hold on the tissue for a few seconds, then release



### Static Pressure

Find the tension or knots in the muscle; using the thumb or fist apply pressure and hold for three seconds, then release



A member of the iConnect Alliance.