

Isla Verde Spa Relaxation Massage Sequence

EXPANDED ONE-PAGE PRACTITIONER REFERENCE

Use with the course videos for precise hand placement and rhythm

FLOW

Settle → warm → focus → integrate → re-cover

CHECK

Pressure • temperature • position • consent

TURN

Explain → cover → reposition → bolster → recheck

PRONE • BEGINNING

Grounding • feet • posterior legs

1 Grounding start

- Place your hands gently between the shoulders and lower back over the drape.
- Use slow, soothing strokes from the upper back toward the legs and feet to establish connection.

2 Feet

- With consent, bring both feet together and use steady pressure along the sides and centre of each foot.
- Let bodyweight create comfortable pressure; avoid force on painful or vulnerable structures.

3 Posterior legs

- Drape one leg securely. Begin with butterfly strokes, then apply a suitable amount of massage medium.
- Use long general strokes through lower leg, around the knee and into the upper leg.
- Add kneading, hand-over-hand strokes and broad forearm glides up and down suitable muscle.
- Treat the lateral thigh with careful, controlled pressure rather than driving force into the IT band.
- Return to long upward strokes; briefly massage ankle and foot. Re-cover, repeat the other leg, then revisit both feet for closure.

PRONE • BACK

Back and shoulders • closure • turn

4 Back and shoulders

- Expose and drape the back securely. Begin on the right side with broad general strokes and massage medium.
- Use scissor strokes to warm the tissues, followed by comfortable circles through lower and upper back.
- Glide from lumbar area toward shoulders with hands and broad forearm contact.
- From the head of the table, use long strokes from shoulders toward hips, alternating sides as taught.
- Optional elbow contact is controlled and applied only through suitable muscle beside the spine - never onto the spine or bony landmarks.
- Add thumb and hand work around the shoulder blades, levator scapulae and rhomboids. Repeat on the left.

5 Back closure

- Reconnect the full back with long two-hand strokes through shoulders, back and neck.
- Finish with large circles over the torso and replace the towel smoothly.

PRONE-TO-SUPINE TURN

Explain the turn first. Maintain full coverage, allow the client to reposition, replace the bolster and recheck head support, warmth and comfort before restarting.

SUPINE • UPPER BODY

Neck • face and scalp • arms and hands

6 Neck and shoulders

- Begin with circles across shoulders, upper chest and posterior/lateral neck, working both sides together.
- Support the head while moving it gently left and right within a comfortable range.
- Rest the head in one palm; with the other hand glide from shoulder toward neck and add fingertip circles at the base of the skull.
- Repeat on both sides and return the head to centre each time. Avoid deep anterior-neck pressure.

7 Face and scalp

- With consent, stroke from the centre of the eyebrows toward the hairline, then forehead to temples.
- Use gentle circles beside the nose and across the cheeks toward the ears.
- Massage chin and jawline toward temples, then use relaxed fingertips through the scalp and hairline.
- Finish with light strokes from neck toward crown. Ask before placing a towel over the eyes or ears.

8 Arms and hands

- Drape one arm. Warm with butterfly strokes, apply medium and use long flowing strokes from shoulder down the arm.
- Add circles over upper arm, forearm and wrist, alternating with long strokes.
- Work the palm, back of hand and spaces between fingers; squeeze and glide gently off each fingertip.
- Re-cover and repeat on the other arm.

SUPINE • LOWER BODY

Anterior legs • feet and toes • final grounding

9 Anterior legs

- Drape one leg securely. Begin with butterfly strokes and apply massage medium.
- Use long strokes from ankle toward thigh, alternating with comfortable circles through the muscles.
- Add broad forearm work where appropriate, increasing pressure gradually and only with feedback.
- Circle around - not into - the knee, then return to long strokes through quadriceps and lower leg.
- Re-cover and finish with soft strokes over the towel; add foot and toe work, then repeat the other leg.

10 Feet and toes

- Gently squeeze each foot with even pressure.
- Glide along the toes, gently squeezing and stretching each one within comfort.
- Apply steady linear pressure up and down both feet, then finish with light strokes from lower legs toward toes.

11 Final grounding

- Restore full coverage and perform long grounding contact over the drape.
- Pause and encourage a few comfortable breaths. Conclude quietly and allow time to reorient and rise.

THE SEQUENCE IS FLEXIBLE

Adapt pressure, techniques, duration, position and included regions to the client. Consent, comfort, intake findings and professional scope always take priority.

STOP OR ADAPT

Sharp, burning, electric, numb or alarming sensations • insecure draping • withdrawn consent • unexplained symptoms or red flags