



1. Application of Complexe 5  
3 times back and forth



2. Rotating massage  
1 time in 6 different zones



3. Application of Complexe 5



4. Rotating massage  
1 time in 6 different zones



5. Zig zag massage  
1 time in 6 different zones



6. Pressure massage  
1 time in 6 different zones + sides



7. Vibrating massage  
(Except for Soothing Ritual)  
1 time in 4 different zones



8. Enveloping massage  
1 time in 3 different zones



9. Final relaxing massage  
3 times

## Head Massage Techniques

Please take a moment out to massage your own/ family members head!

This is a relaxing method to de-stress and relax.

Feel free to use oils, e.g. coconut oil, almond oil or ready-made oil you already have.