

Sinus Drain P&P

1. Cleanse (wearing makeup)
2. Turn on steamer
3. Hot stones
 - a. 2 under back of shoulders
 - b. 1 XL middle of chest
4. Drop eucalyptus on stone on the chest
5. Massage avocado oil into skin
 - a. Feel around as massaging
6. Apply lemongrass and eucalyptus to tips of fingers and hold under the nose. Have client take a few deep breaths. Pay attention to level of congestion.
7. Hold pressure points for 30 seconds and slowly drain each one into the lymphatic system
 - a. Sides of the nostrils
 - b. Under eyes (middle)
 - c. Temples
 - d. Above brow arch
 - e. Above nose/bn brows
8. Pull ears
9. REPEAT 3 TIMES steps 6-8
10. Place hot stones:
 - a. Under eyes
 - b. Brow arch
11. Apply gauze over rocks and eyes
12. Set eye pillow on top of stones and gauze
13. Put on gloves
14. Go to feet
15. Physically move feet to wear you need them
16. Apply oil to hands
17. Flex feet and apply oil to entire foot
18. Start acupressure between the toes
19. Run thumbs down arch of the foot
20. Pinch webbing between toes and hold for 30 seconds
21. Slide down the arches
22. Toes: apply acupressure to the toes
23. Slide down the arches
24. Go back to the head:
 - a. Turn off steamer
 - b. gently remove the stones under the shoulders, the face and lastly the chest