



Art-Massage

Academy of Massage Therapy

In the same way as a musical, literary or cinematographic work, this document is protected by copyright.

This Work is strictly reserved for private use. Any distribution, reproduction or broadcasting of part or all of this material is strictly prohibited.

All offenders will be prosecuted.

- Any reproduction is prohibited without the author's permission.**
- All rights reserved**

© Copyright, All Rights Reserved Art-Massage



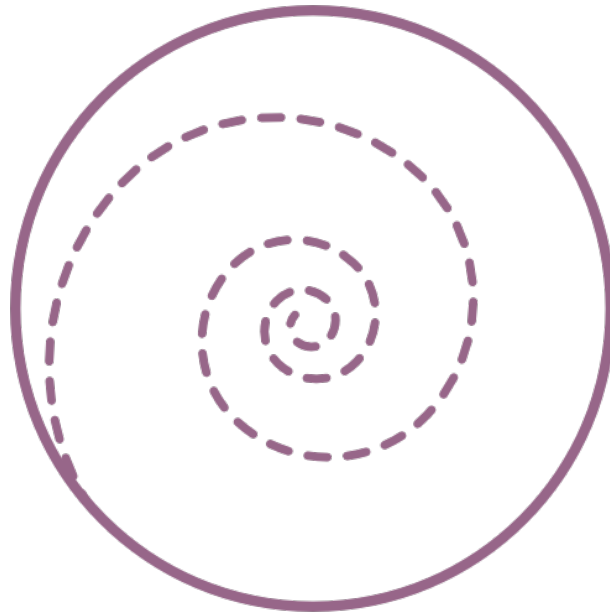
Art-Massage

Academy of Massage Therapy

Workshop - Course

Amma Massage

Chair Massage



Theory & Practice



Art-Massage

Academy of Massage Therapy

The Technical Cards

Amma Massage

Chair Massage

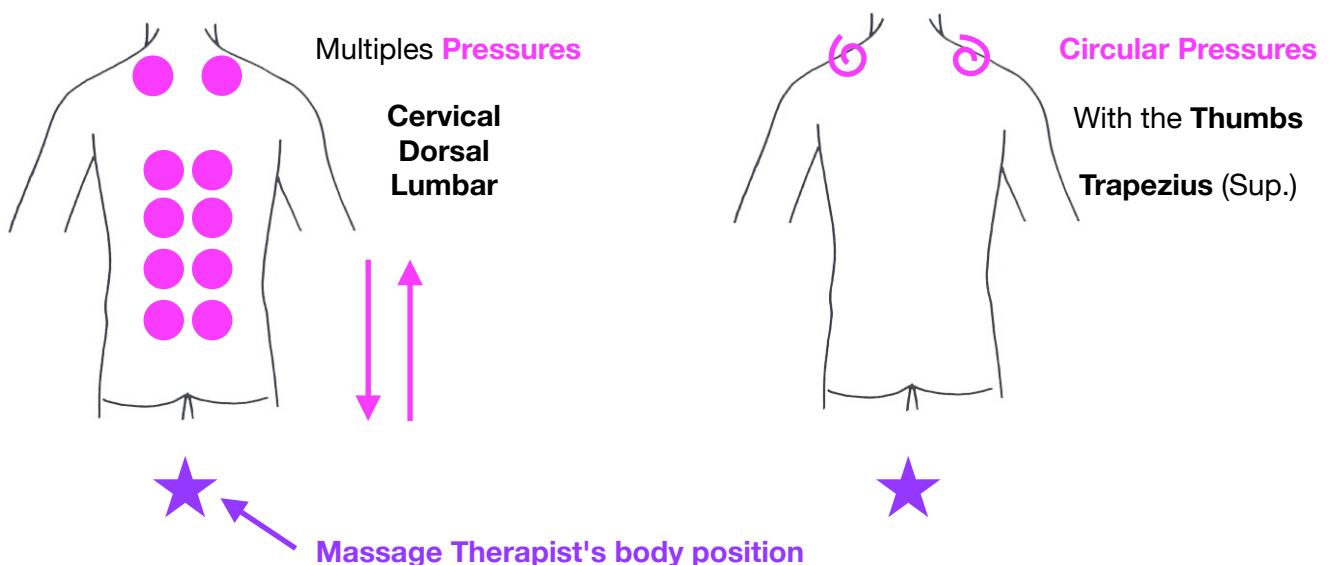
Check the chair (height, client comfort...)

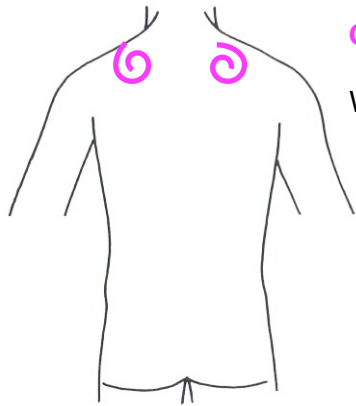
Take 3 deep breaths with Essential Oils

Head massage 2 minutes minimum

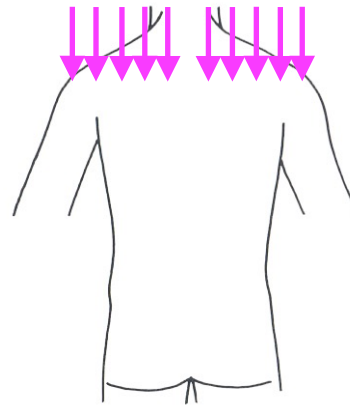
Percussions if required and desired (hand edge, fists, spoon, rain...)

Energy cleansing before and/or after (back, arms, legs)



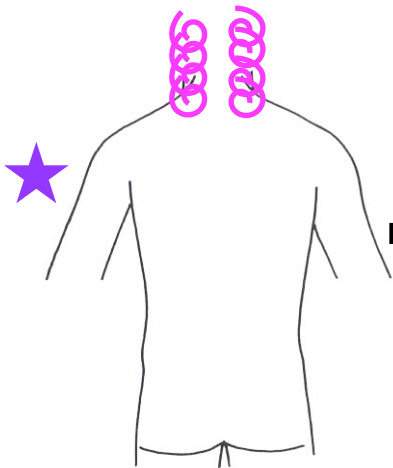


Circular Pressures
 With the **Fingertips**
Trapezius (Sup.)

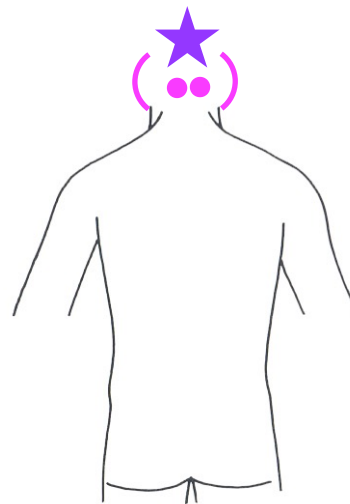


Tractions / Stretching Bilateral
 With the **Fingertips**
Trapezius (Sup.)

3 x

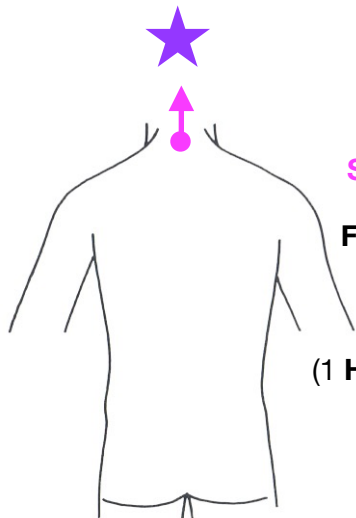


Circular Pressures
 With the **Right Hand**
Left Hand on the Head

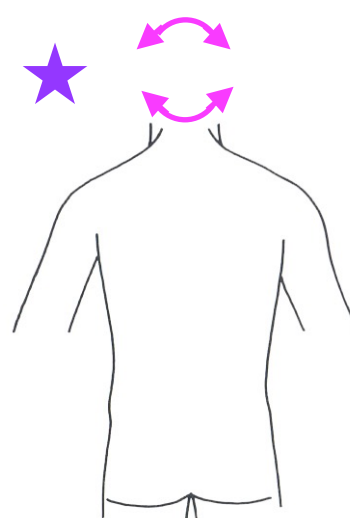


Circular Pressures
 External - Internal
 On **Occipital zone**
 With 2 hands

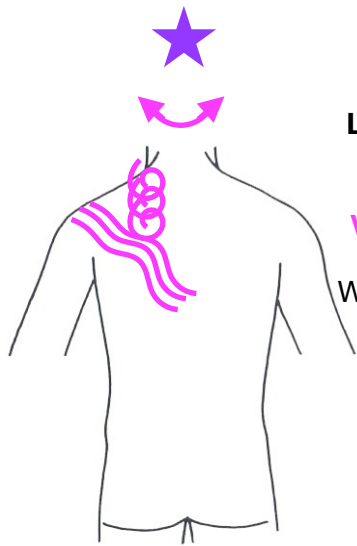
3 x



Sliding Pressures
Foramen Magnum
3 x
 (1 **Hand** after the other)



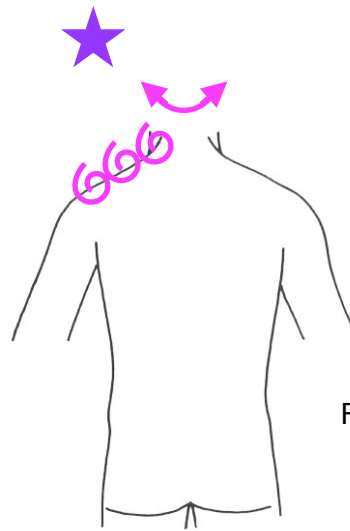
Relaxation Atlas C1
Left Hand on Head
Right Hand Pinch
 Level **Foramen**
Magnum



Left Hand hold the Head

Vibration Scapula

With the Heel of the Right Hand



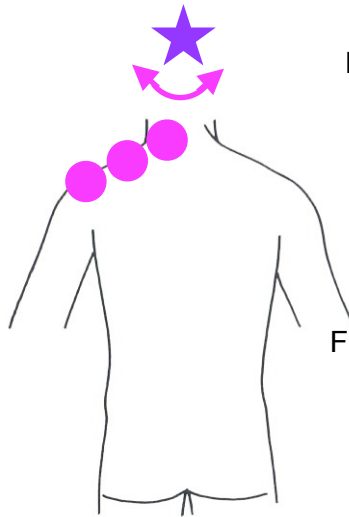
Left Hand hold the Head

Circular Pressures with the Elbow

On the Trapezius

From the inside to the outside

vice versa



Left Hand hold the Head

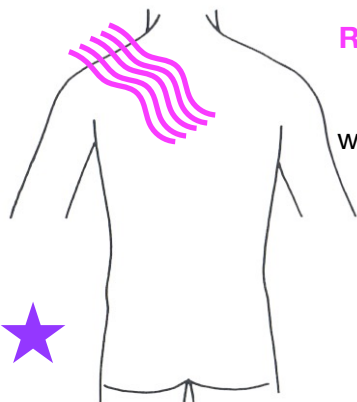
Pressures

With the Elbow

On the Trapezius

From the inside to the outside

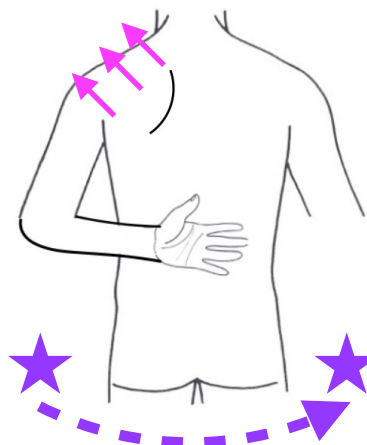
vice versa



Left Hand hold the Head

Relaxation - Vibration Scapula

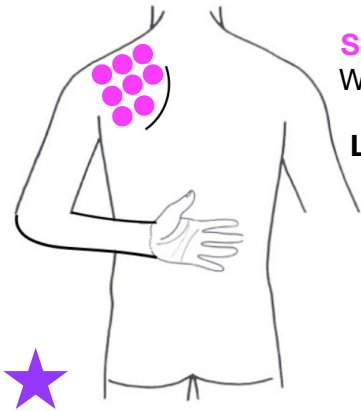
with all the Right Hand



Pressures With the Elbow

On Trapezius

Once done, put the Arm behind the Back



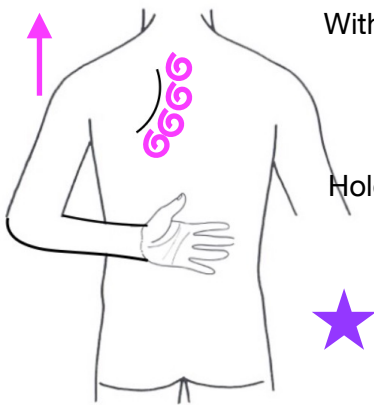
Spoon Percussions
With the **Right Hand**

Left Hand hold the
Arm



Switch
Arm bent behind the
Back

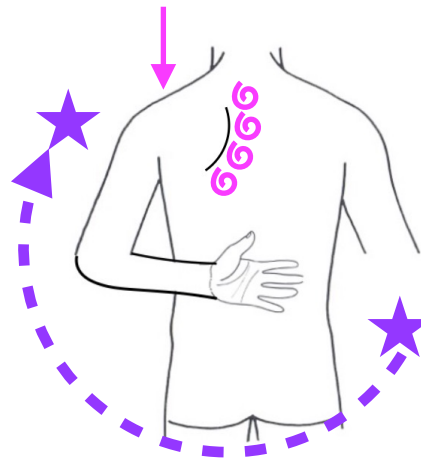
Hold with the **Left hand**



Circular Pressures
With the **Right Elbow**

Upwards

Hold with **Left Hand**

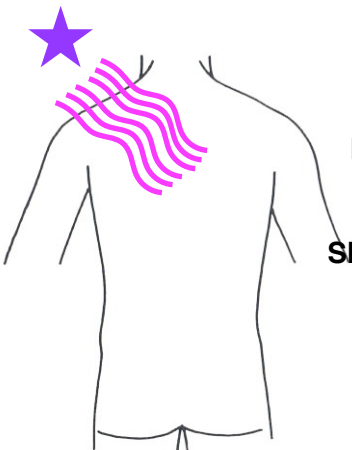


Switch

Hold the **Arm** with the
Right hand

Circular Pressures

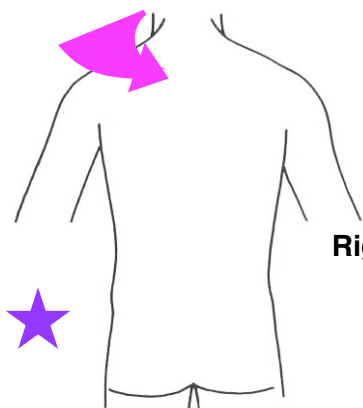
Downwards
With the **Left Elbow**



Switch

Move **Arm** to side

Relax
Shoulder and Elbow



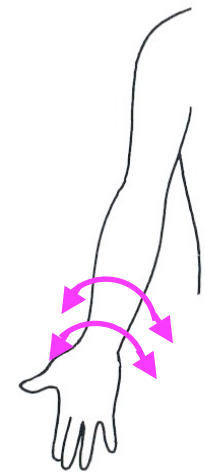
Shoulder Extension
Arm extended
x3

With the **Left Hand**

Right Hand in the **Axillary**
Fossa

Bring back the **Arm**
forward,

**Pronation - Supination
Wrist - Forearm**



Hold
The **Hand** with our **Left**
Hand

Pressures with the
Thumb
Right Elbow to the
Hand

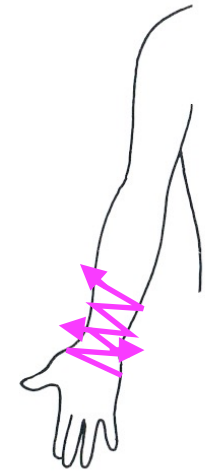
**Passive Flexion -
Passive Extension**



Wrist

Friction

Wrist



Effleurage

Hand

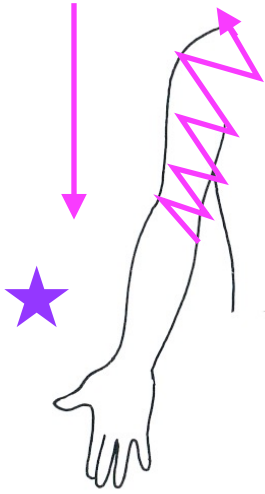


Traction - Stretching

Fingers

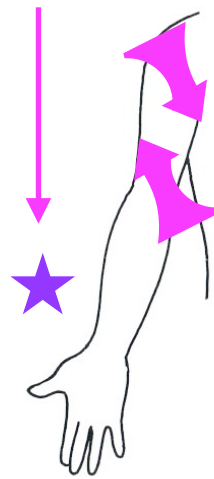


*Kneel down and
Place the Arm on our Shoulder*



Arm Friction

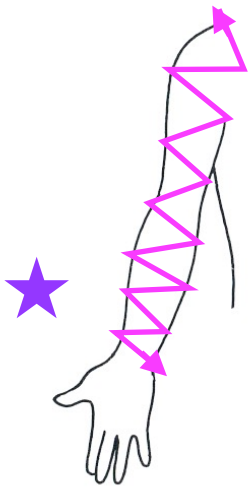
2 x



Arm Torsion

Backwards then
Forwards

With both **Hands**
together



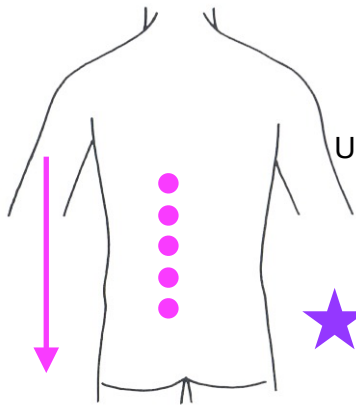
Let go the Arm

Friction

From **Arm** to **Wrist**

*Go back to page 3 and do the other
side (right)*

Circular Pressures



With the **Right Elbow**

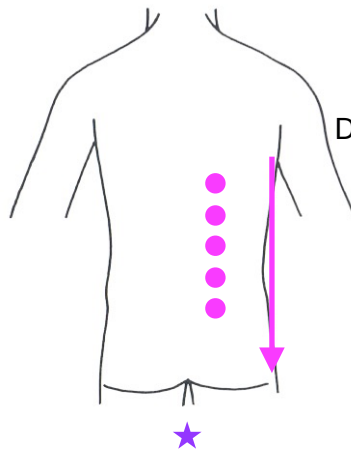
2 or 3 x
Upwards **Elbow** Pressures

Vibrations flat **Hand**



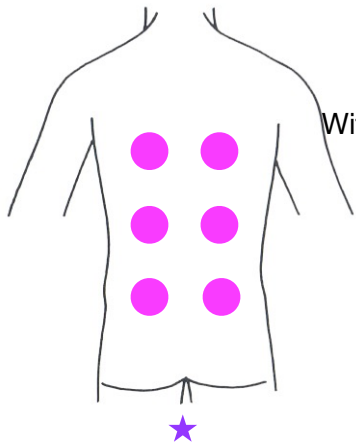
Hold
At the level of the **Hips**
with **Left hand**

Switch



Do the same thing on
the other side

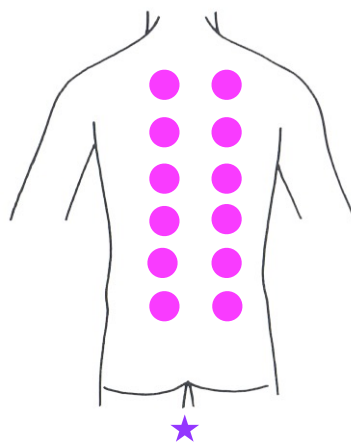
Pressures



With your whole **hand**



Circular Pressures

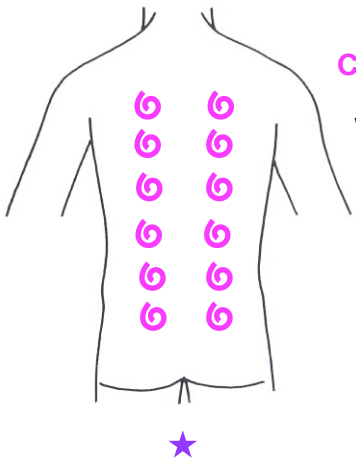


With the **Fists**

On all the **Spine**



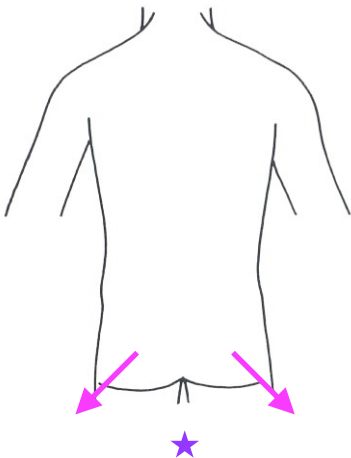
Pressures
Circular Pressures



With the **Thumbs**
along the **Spine**



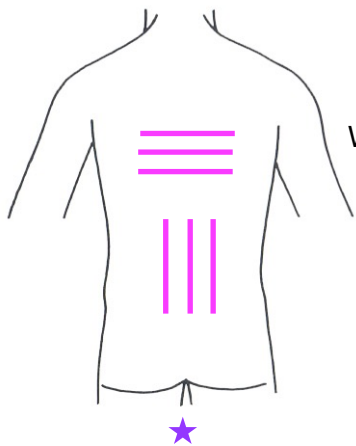
Pelvic Stretching



Hand down
Fingers down



Percussions



With the edge of the
Hand
Fists
Hands together



Shoulders Relaxation



Upwards
Downwards





Art-Massage

Academy of Massage Therapy

Find out about all the training courses

Indian Cranial Massage (Ayurveda) Head + Shoulders

Abhyanga Massage (Ayurveda) Full Body

Shirodhara Massage (Ayurveda) Face + Oil on the Head

Balinese Massage (Ayurveda) Full Body

Kansu Bowl Massage (Ayurveda) Feet + Legs

Lomi-Lomi Massage Full Body

Chair Amma Massage Back + Head + Arms

Californian Massage Full Body

Swedish Massage Full Body

Face Massage Face

Hot Stones Massage Full Body

Réflexologie Anti Stress, Special Détox, Immuno Boost Massage +
Auto-Massage

Metamorphic Massage Feet + Legs