



# *Art-Massage*

*Academy of Massage Therapy*

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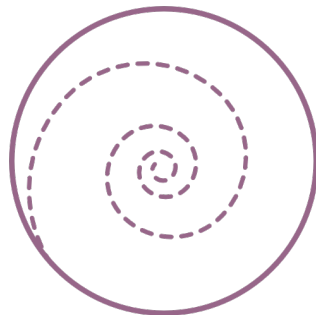
# *Art-Massage*

*Academy of Massage Therapy*

*Workshop - Course*

# *Balinese Massage*

*The Massage of the Island of  
the Gods*





# Art-Massage

Academy of Massage Therapy

## *Balinese Massage Procedure*

*Introduction - Start (Page 1)*

*Massage to the 2nd*  *(Page 13)*

*Return to 1st*  *(Page 7)*

*Continue until you reach the*  *(Page 12)*

*Jump to*  *(Page 13)*


*Continue to the 2nd*  *(Page 22)*

*Return to 1st*  *(Page 17)*

*Continue the massage to the 2nd*  *(Page 26)*

*Return to 1st*  *(Page 24)*

*Continue the massage to the 2nd*  *(Page 32)*

*Return to 1st*  *(Page 29) and Continue the massage until*  
*the end (Page 35)*



# Art-Massage

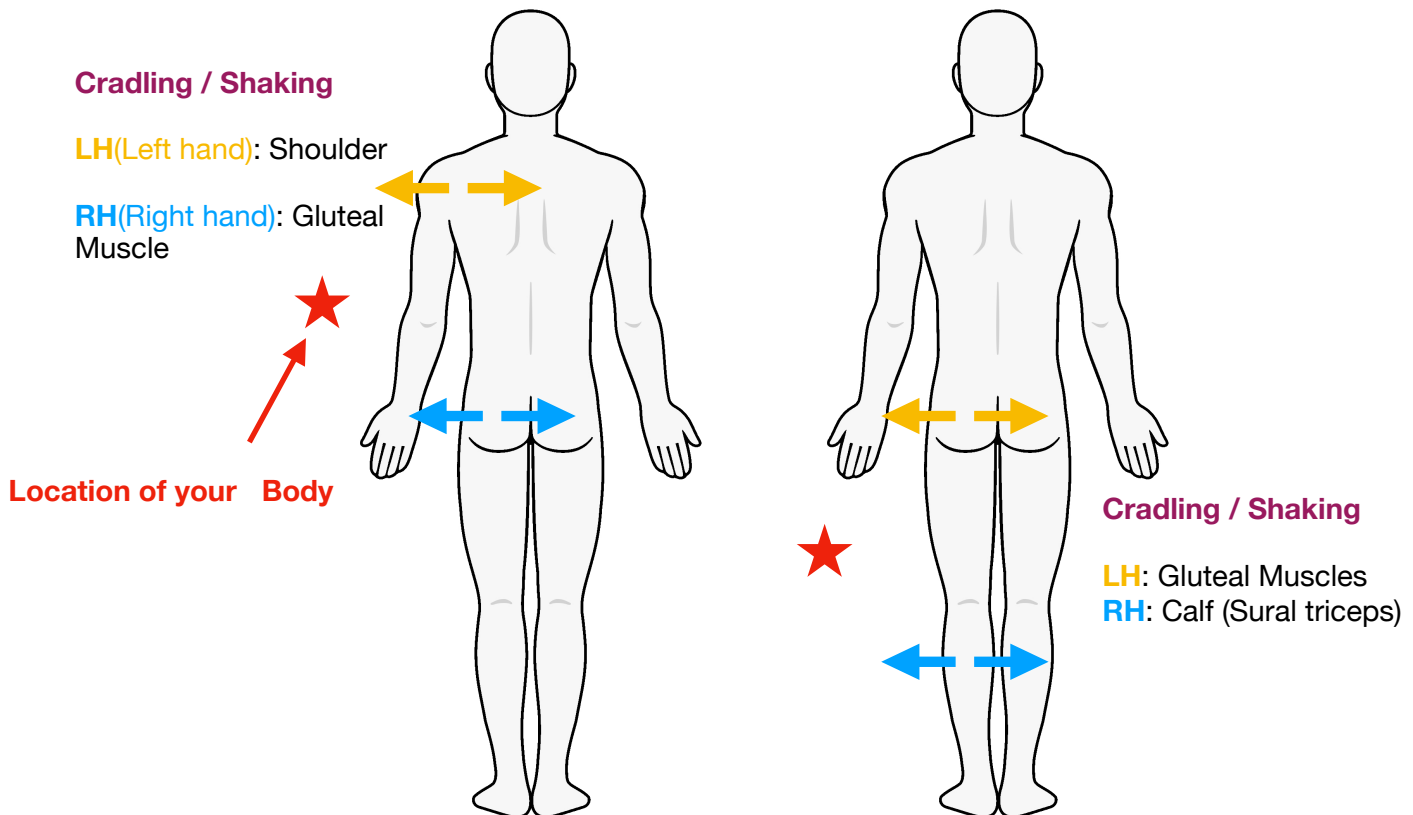
Academy of Massage Therapy

## Massage Techniques

# Balinese Massage

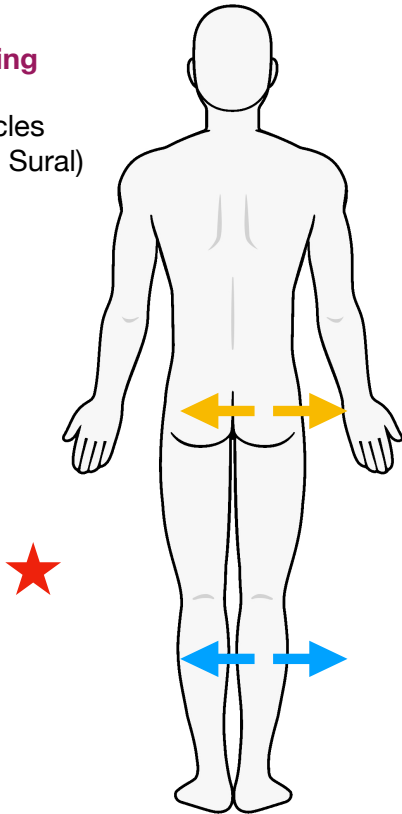
Client Setup - Sesame Oil - Essential Oils - Leg Pillows - Head Pillow - Chest Towel ...

**Always start the massage on the client's left side**



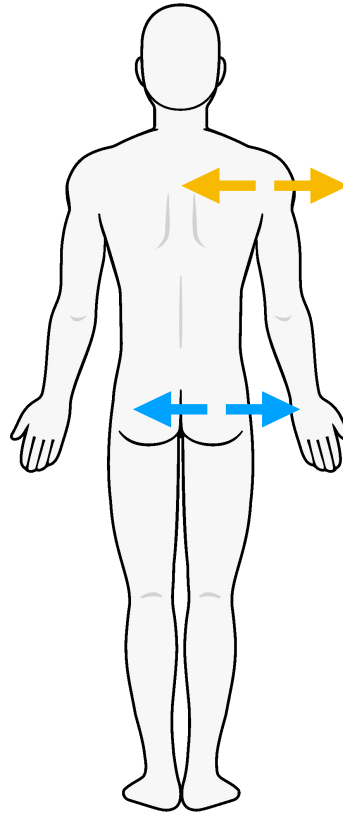
**Cradling / Shaking**

LH: Gluteal Muscles  
RH: Calf (Triceps Sural)



**Cradling / Shaking**

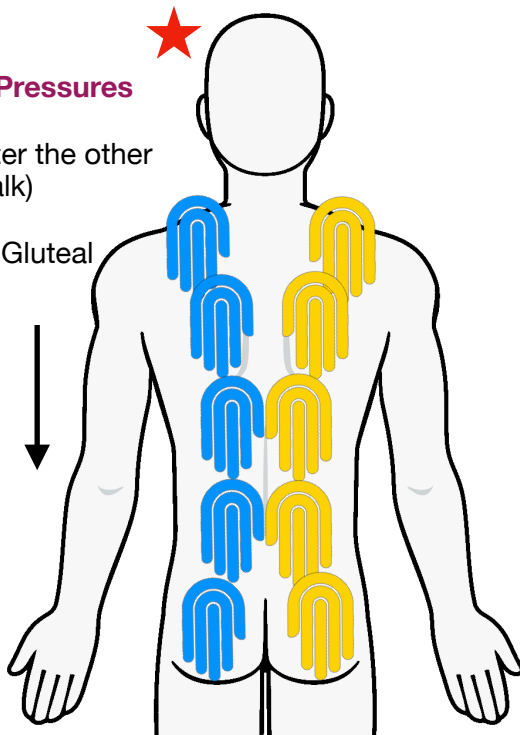
LH: Shoulder  
RH: Gluteal Muscles



**Alternating Pressures**

One hand after the other  
(Elephant Walk)

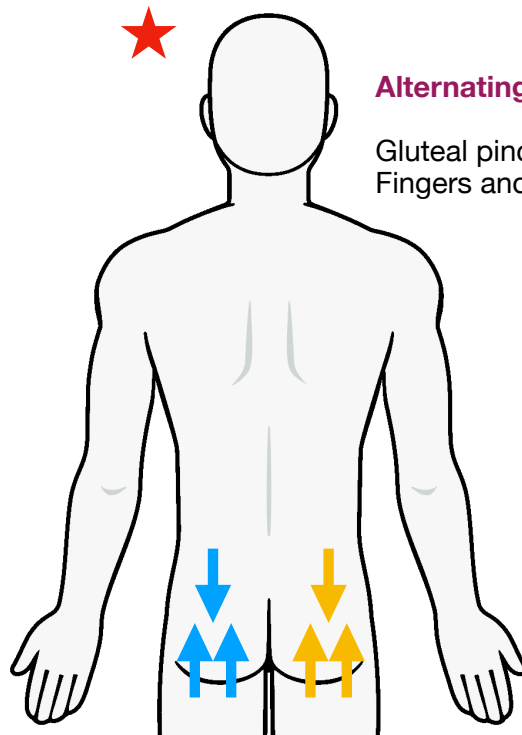
Trapezius → Gluteal



**Alternating Pinches**

Gluteal pinched between  
Fingers and Thumbs

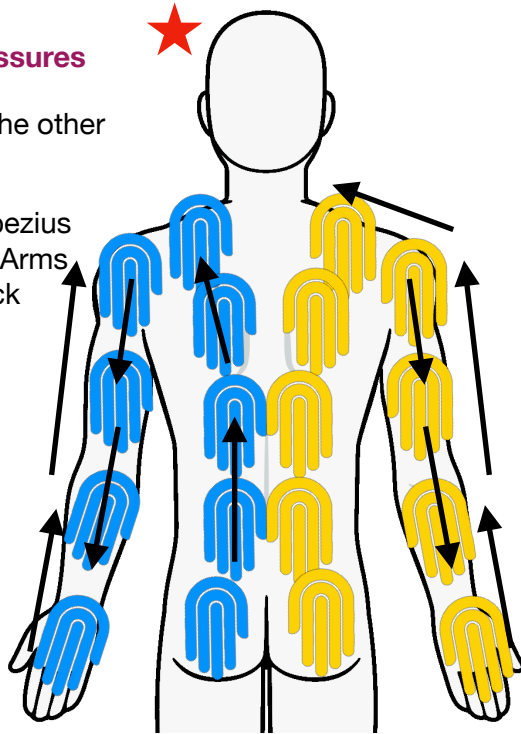
x 3



### Alternating Pressures

One hand after the other  
(Elephant Walk)

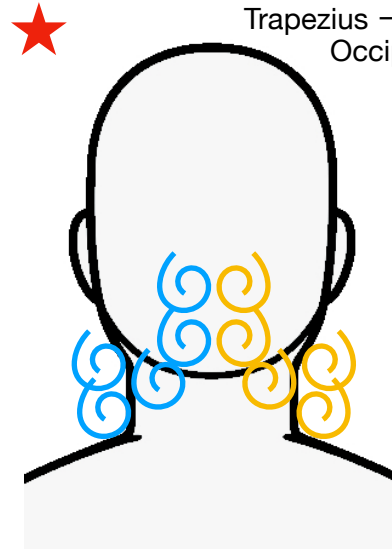
Buttocks → Trapezius  
→ Shoulders → Arms  
→ Hands → Neck



### Circular Presses

With the Fingertips

Trapezius → Neck →  
Occiput



### Slipped Pressures

With Indexes and Majors

Index then Major then Index  
then Major ...



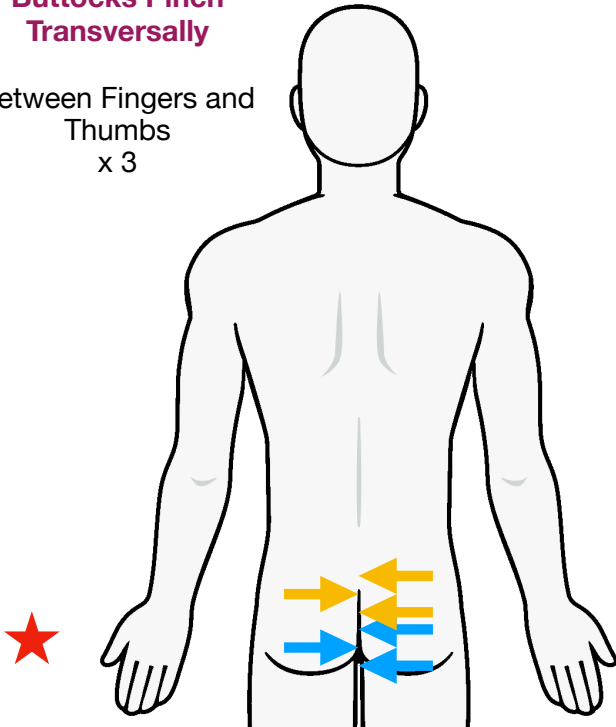
### Head Massage



**Lowering the Sarong**

**Buttocks Pinch Transversally**

between Fingers and Thumbs  
x 3



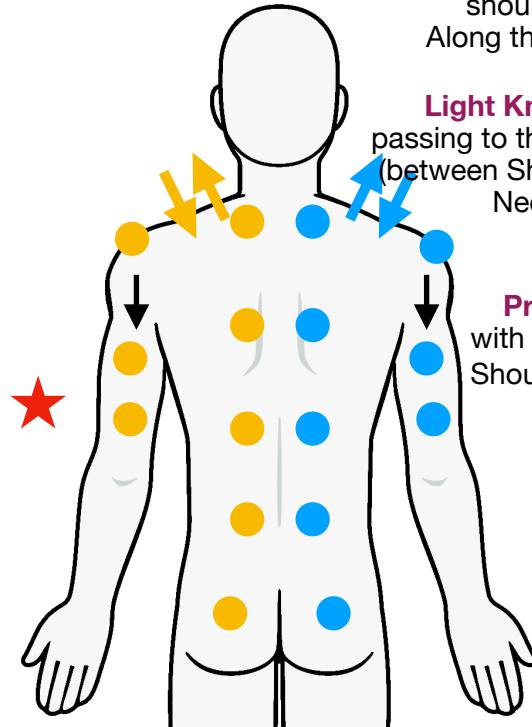
**Simultaneous Presses with the Thumbs**

from the buttocks to the shoulders  
Along the Spine

**Light Kneading**

passing to the Trapezius  
(between Shoulder and Neck)

**Presses**  
with the Palms  
Shoulder → Arm



**Pressing with the Palms**

from Arms to Shoulders

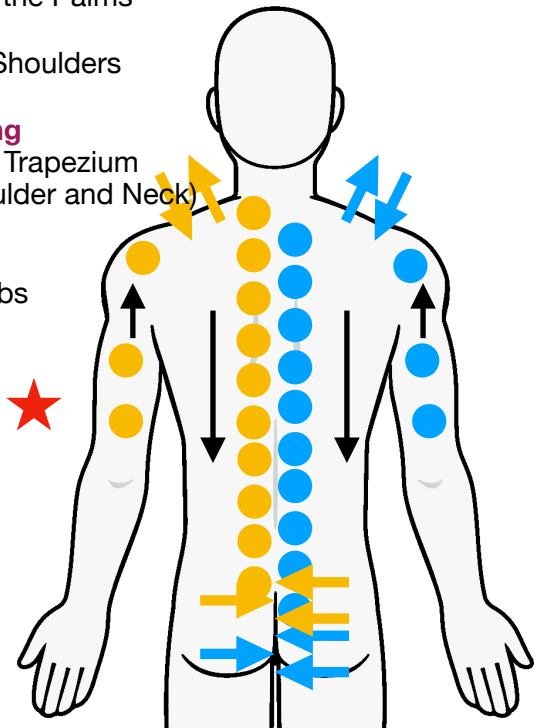
**Light Kneading**

passing to the Trapezium  
(between Shoulder and Neck)

**Presses**  
with the Thumbs  
along the  
the Spine

**Alternated  
Staggered**

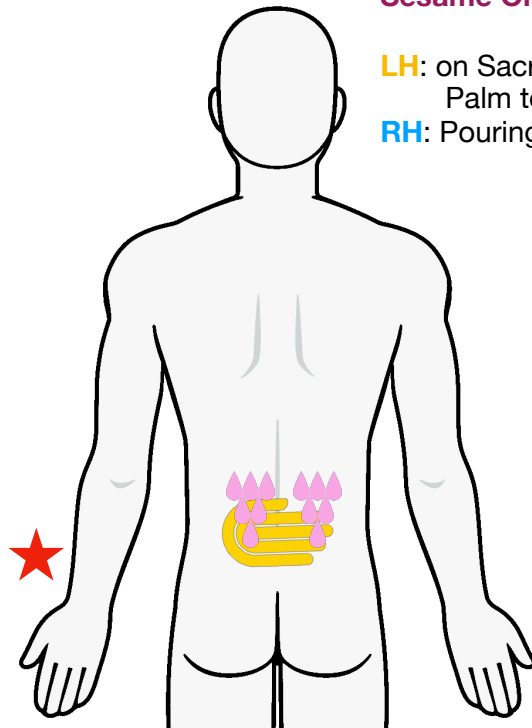
Finish with  
Pinches  
Glutes



**Sesame Oil (Warm)**

**LH:** on Sacrum  
Palm to the sky

**RH:** Pouring the Oil





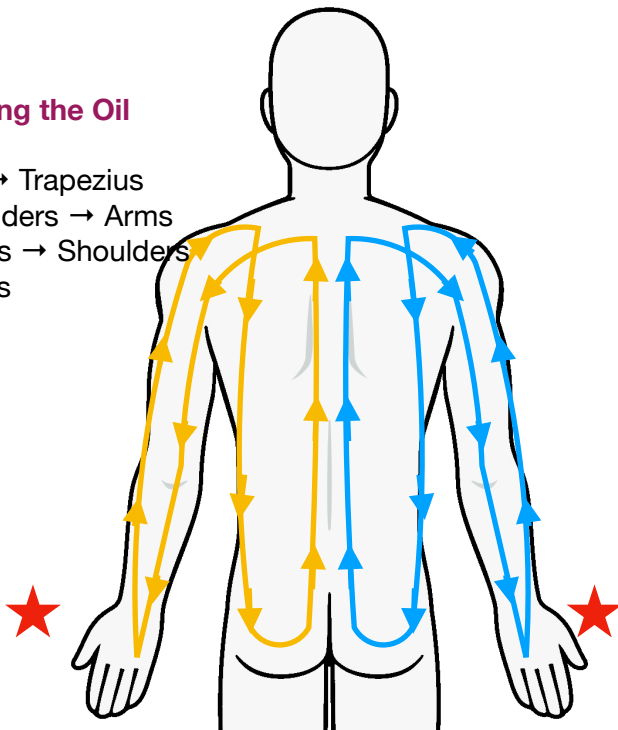
# Art-Massage

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## Spreading the Oil

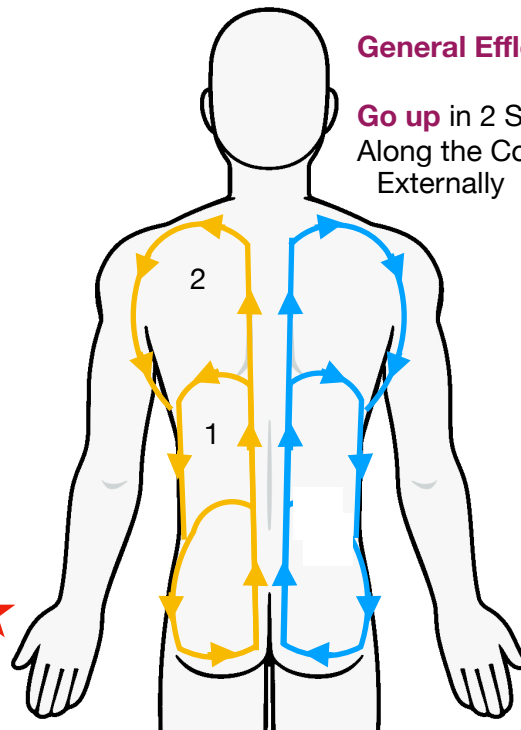
Glutes → Trapezius  
→ Shoulders → Arms  
→ Hands → Shoulders  
→ Glutes

x 2



## General Effleurage

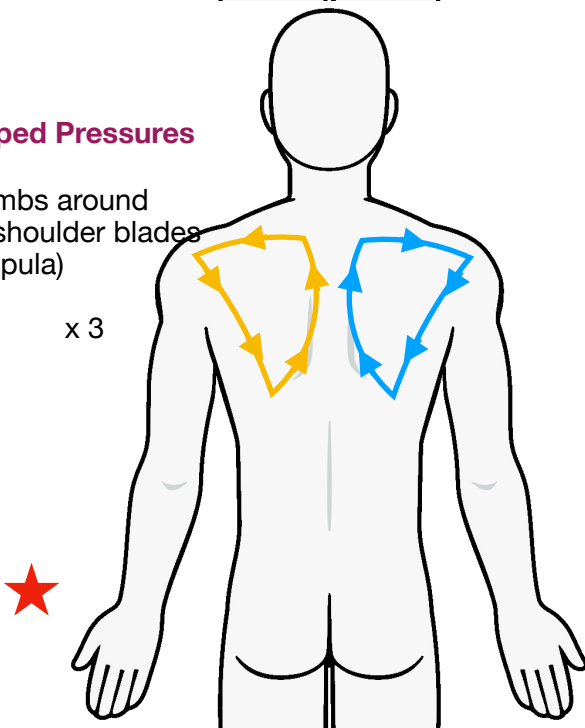
Go up in 2 Steps  
Along the Column **Downward**  
Externally



## Slipped Pressures

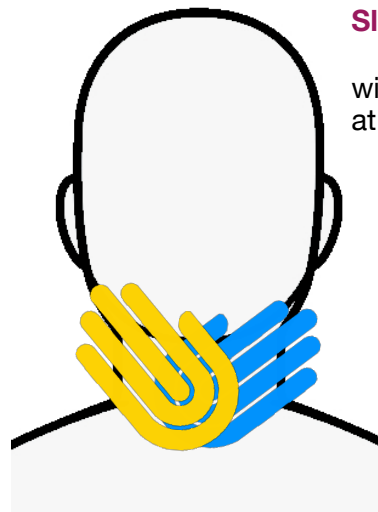
Thumbs around  
the shoulder blades  
(Scapula)

x 3



## Sliding Presses

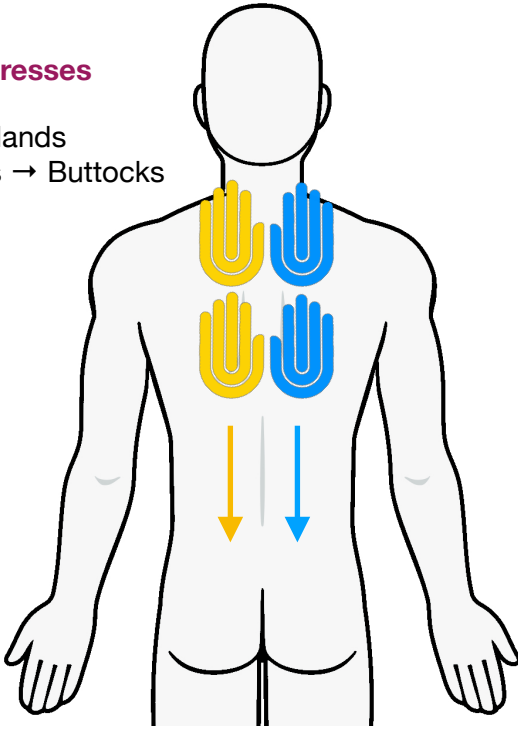
with Hands in Namaste  
at the level of the Neck





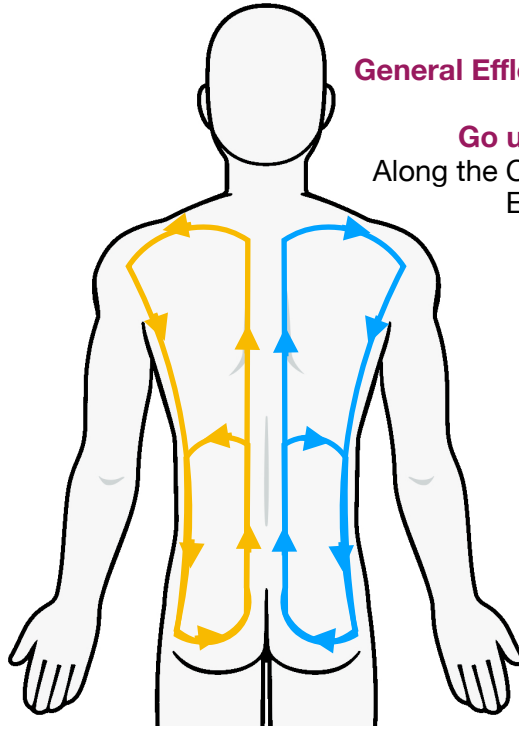
### Sliding Presses

Parallel Hands  
Trapezius → Buttocks

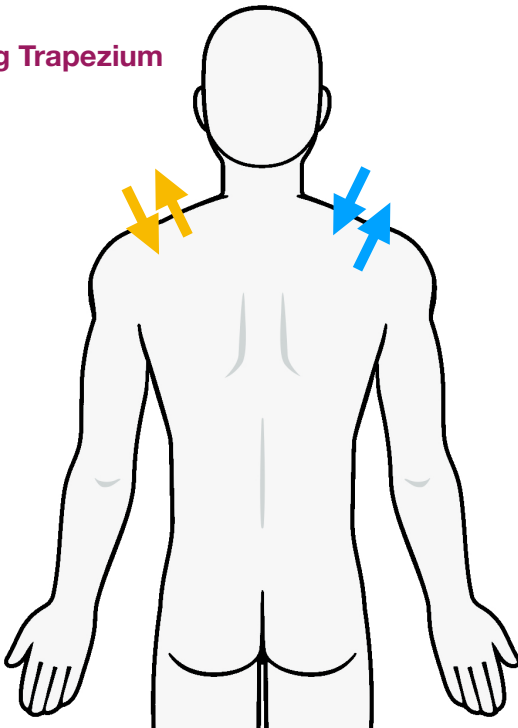


### General Effleurage

Go up in 2 Steps  
Along the Column **Downward**  
Externally



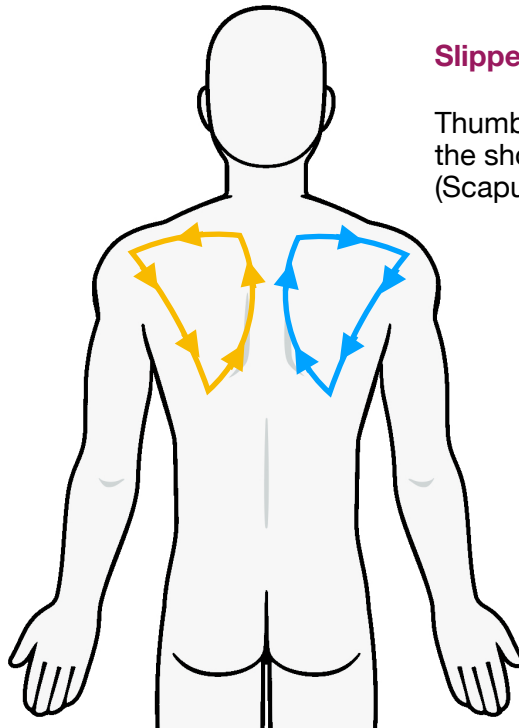
### Kneading Trapezium



### Slipped Pressures

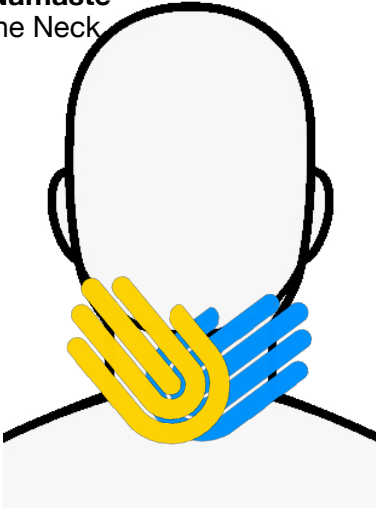
Thumbs around  
the shoulder blades  
(Scapula)

x 3



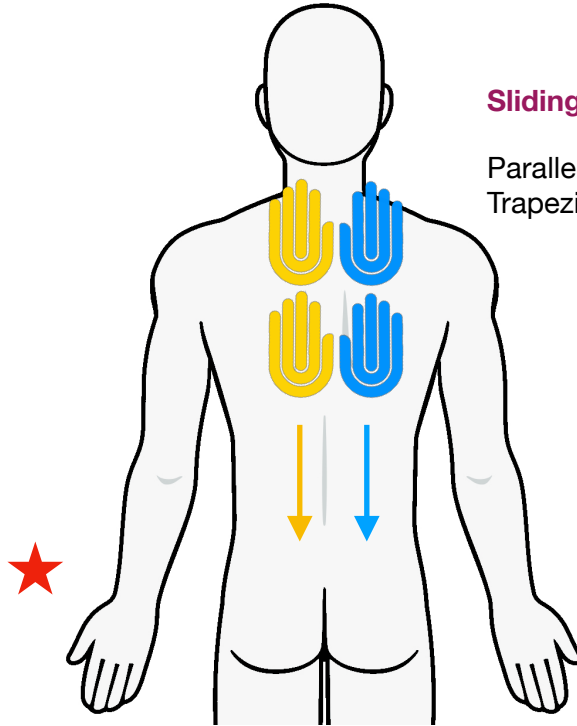
### Sliding Presses

with Hands in **Namaste**  
at the level of the Neck



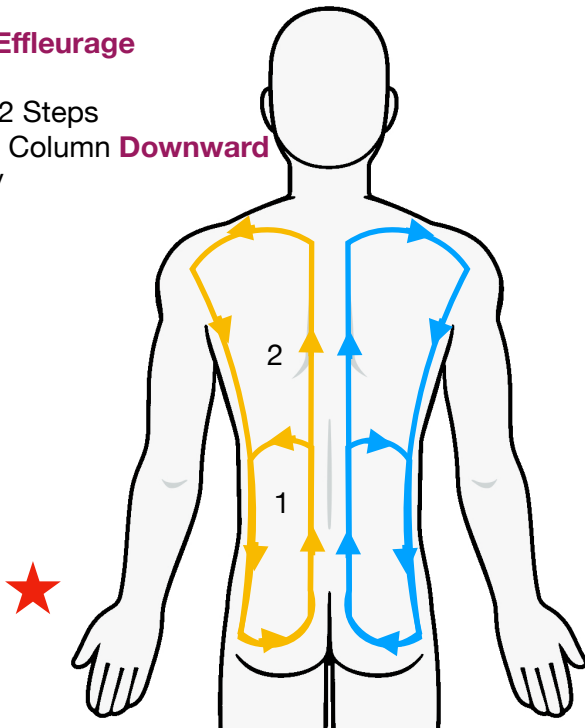
### Sliding Presses

Parallel Hands  
Trapezius → Glutes



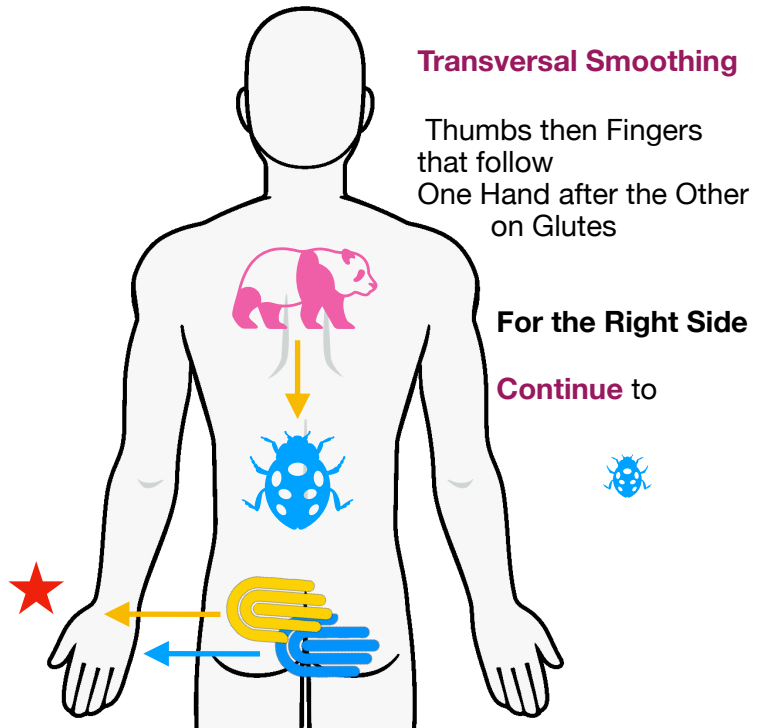
### General Effleurage

**Go up** in 2 Steps  
Along the Column **Downward**  
Externally



### Transversal Smoothing

Thumbs then Fingers  
that follow  
One Hand after the Other  
on Glutes



**For the Right Side**

**Continue to**

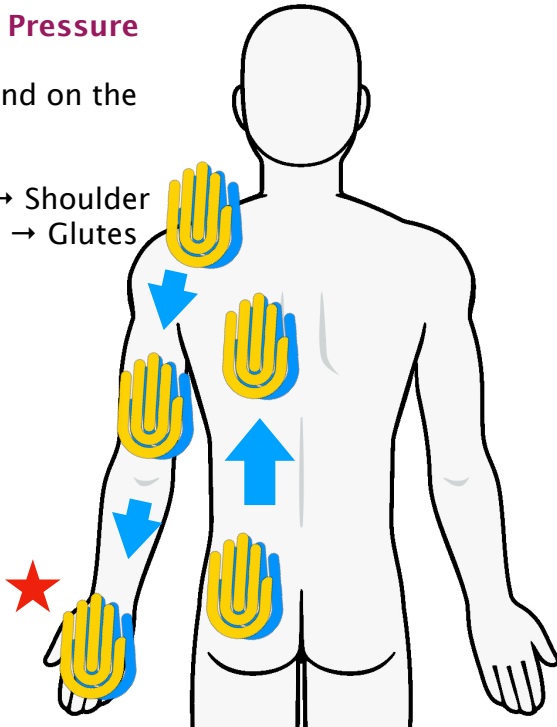


### Slipped Pressure

One Hand on the Other

Glutes → Shoulder  
→ Hand → Glutes

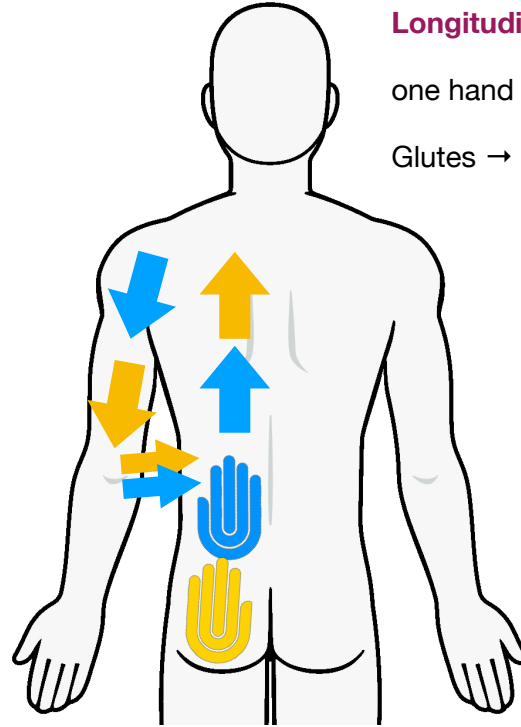
x 2



### Longitudinal Smoothing

one hand after the other

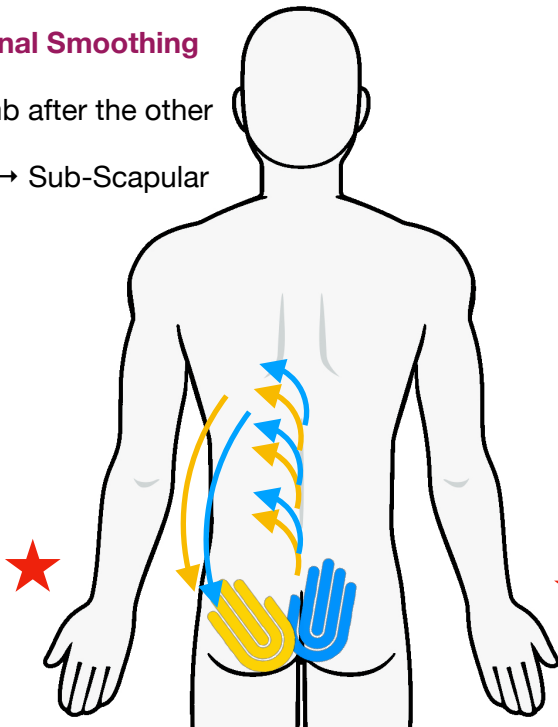
Glutes → Arms  
x 2



### Longitudinal Smoothing

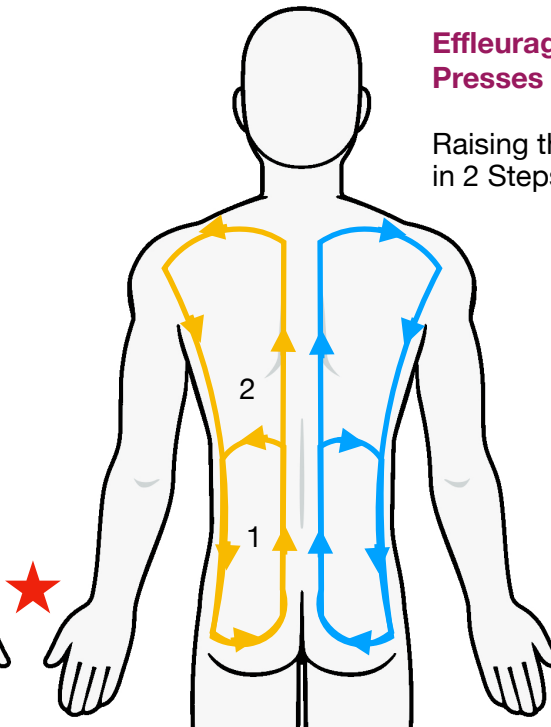
One Thumb after the other

Buttocks → Sub-Scapular



### Effleurage with Thumb Presses

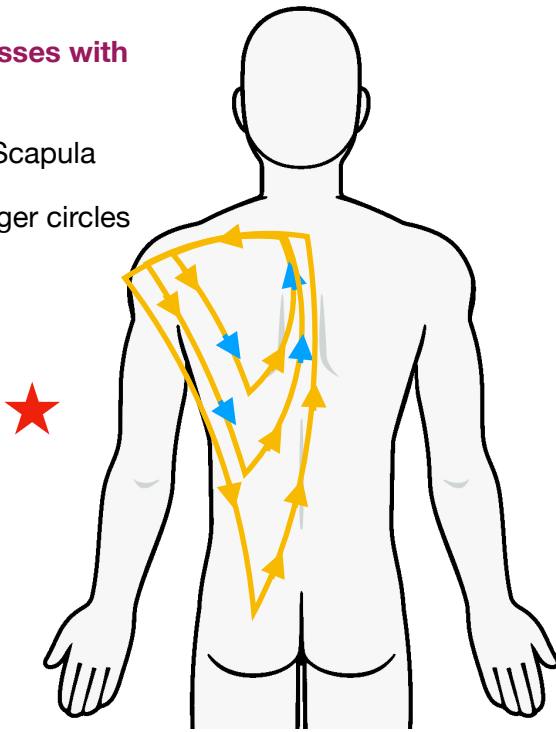
Raising the Back  
in 2 Steps



**Slipped Presses with Thumb**

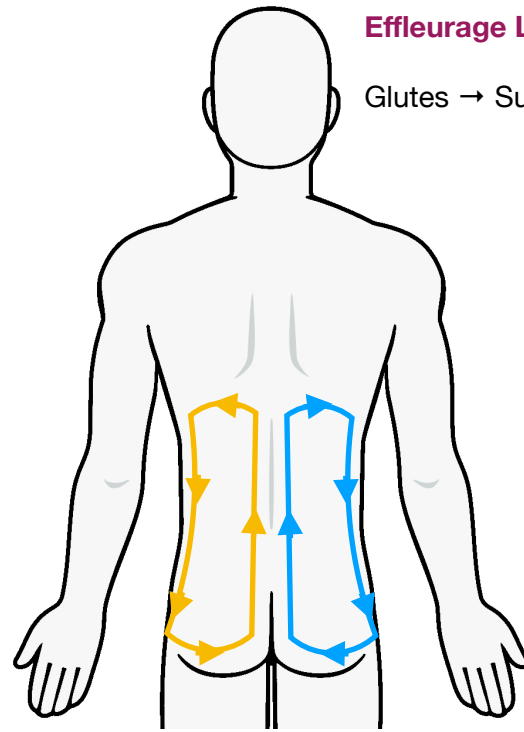
Around the Scapula

To make bigger circles



**Effleurage Lower Back**

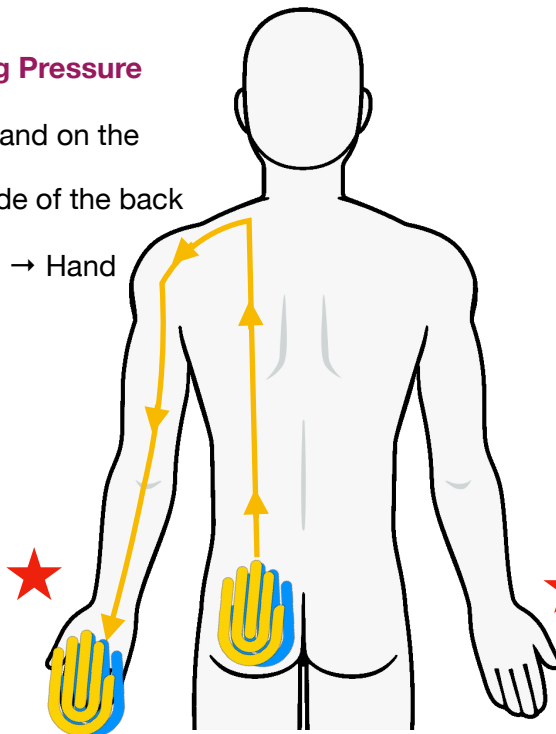
Glutes → Sub-scapular



**Sliding Pressure**

One Hand on the Other  
Left side of the back

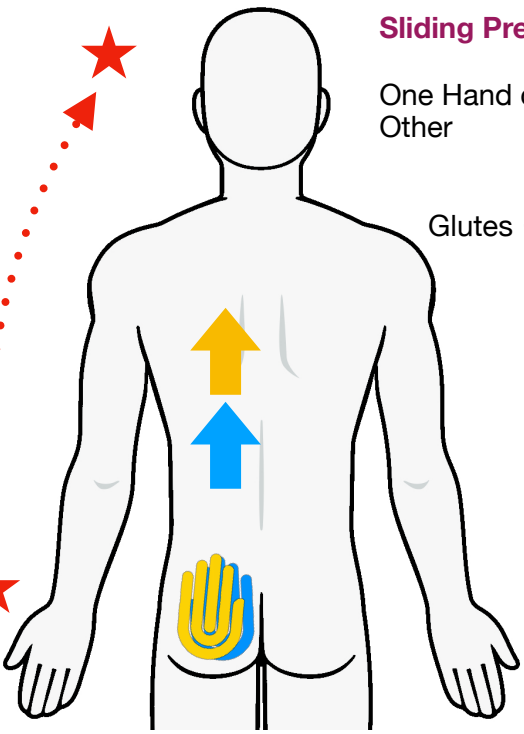
Glutes → Hand



**Sliding Pressure**

One Hand on the Other

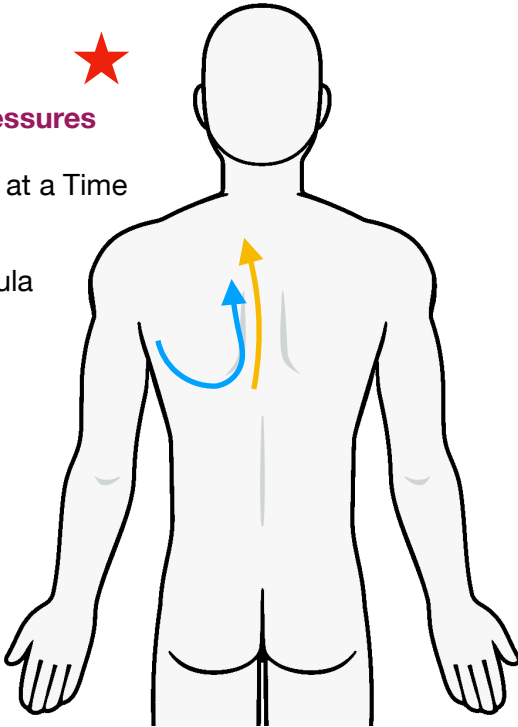
Glutes → Shoulder



**Slipped Pressures**

One Thumb at a Time

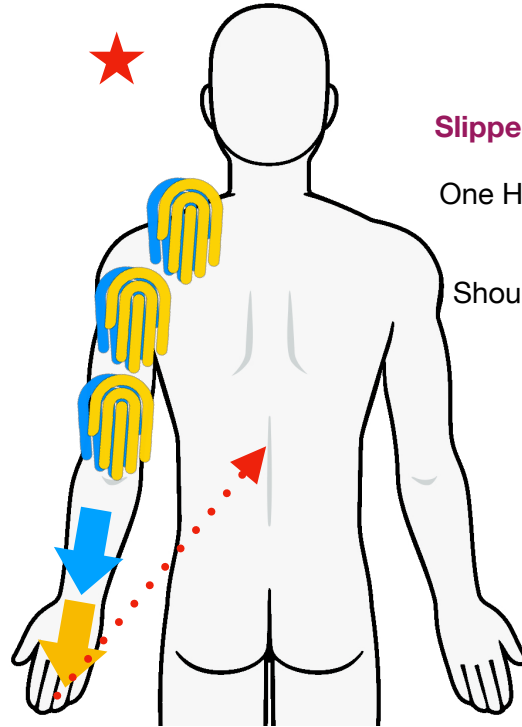
Contour of the Scapula



**Slipped Pressures**

One Hand over the Other

Shoulder → Hand



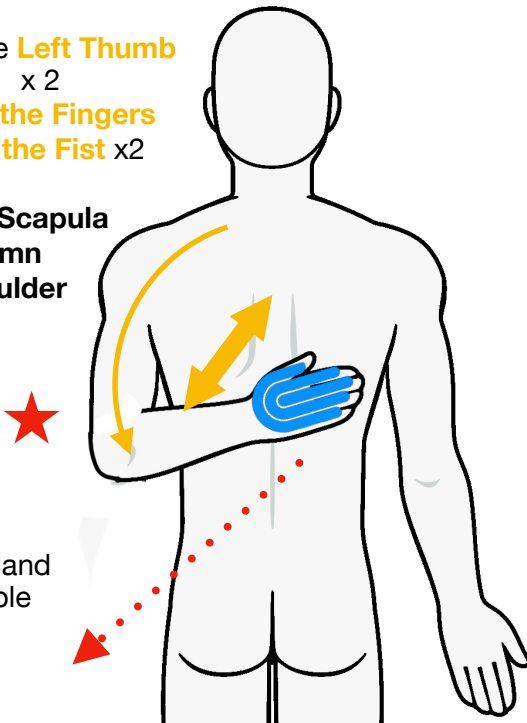
**Take** the Hand, **bend** the arm backwards and **put** the Hand on the bottom of the Column

**Hold** with Right Hand

**Sliding Presses**

with the **Left Thumb**  
x 2  
then **the Fingers**  
then **the Fist** x2

between **Scapula**  
and **Column**  
then **Shoulder**  
and **Arm**

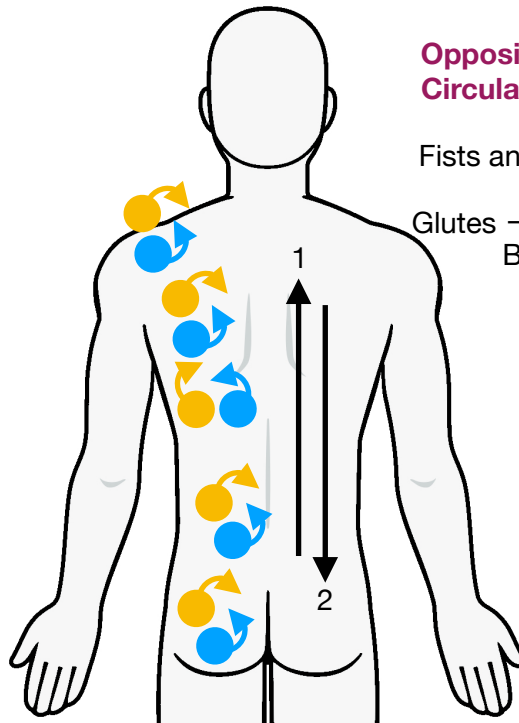


**Put** the Hand on the table

**Opposite Sliding Circular Presses**

Fists and Thumbs

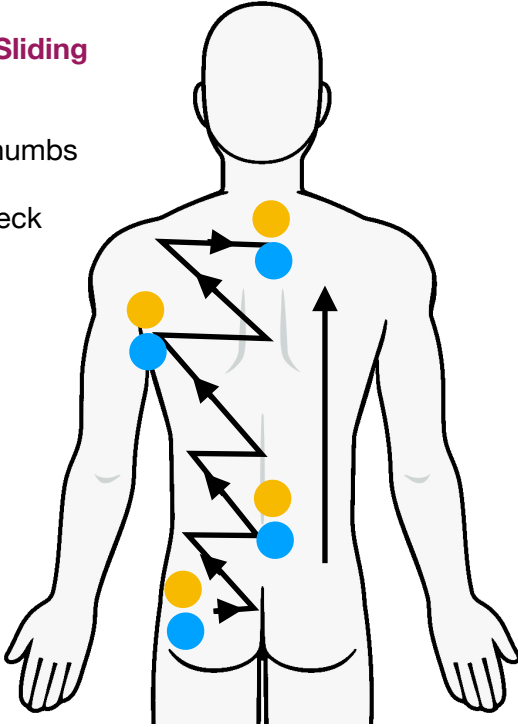
Glutes → Shoulder Back



**Zig-Zag in Sliding Presses**

Fists and Thumbs

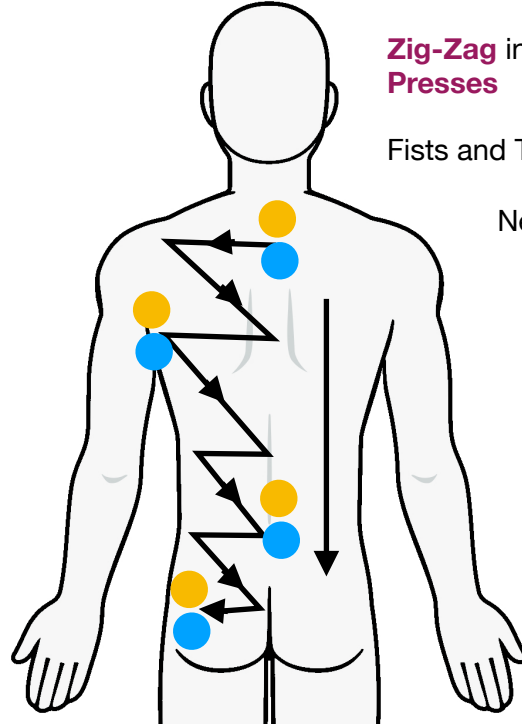
Glutes → Neck



**Zig-Zag in Sliding Presses**

Fists and Thumbs

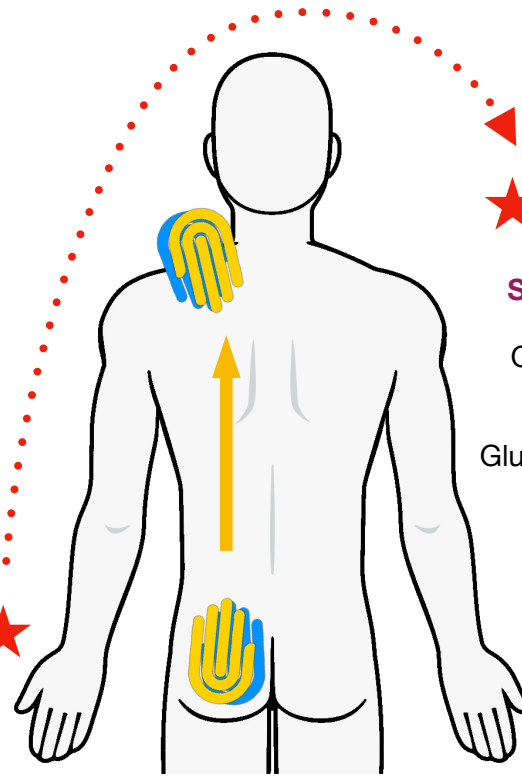
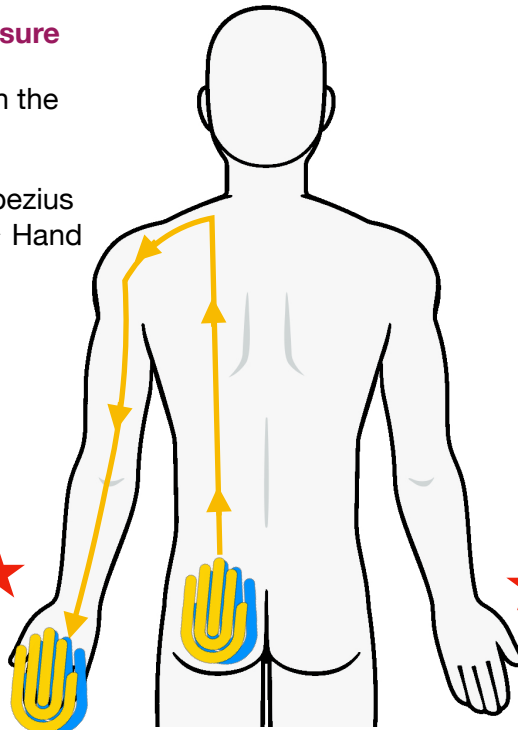
Neck → Glutes



**Sliding Pressure**

One Hand on the Other

Glutes → Trapezius  
→ Shoulder → Hand  
x 2



**Sliding Pressure**

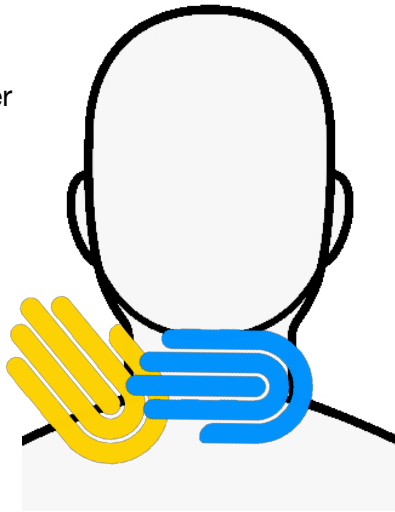
One Hand on the Other

Glutes → Trapezius

**Smoothing**

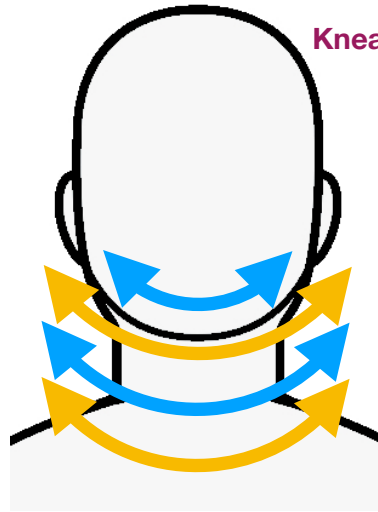
From the Shoulder  
(left) to the Neck

One **Hand** after the  
**Other**



**Kneading the Neck**

Go up  
To the Occiput

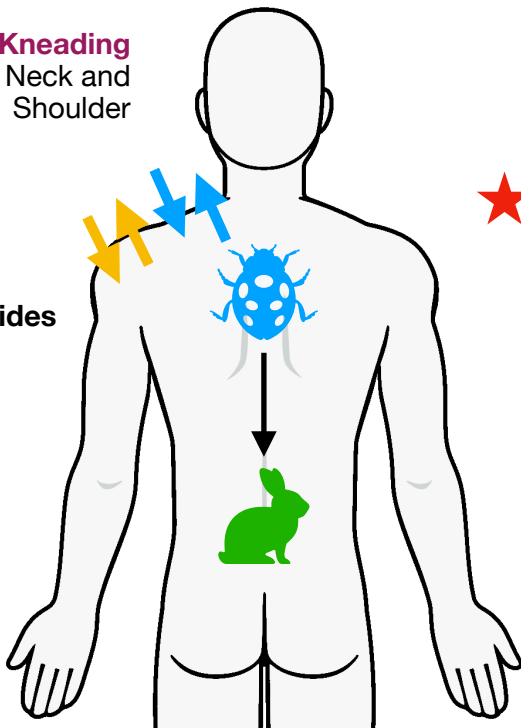


**Kneading**  
between Neck and  
Shoulder

When the **2 Sides**  
**done**  
**Go to**



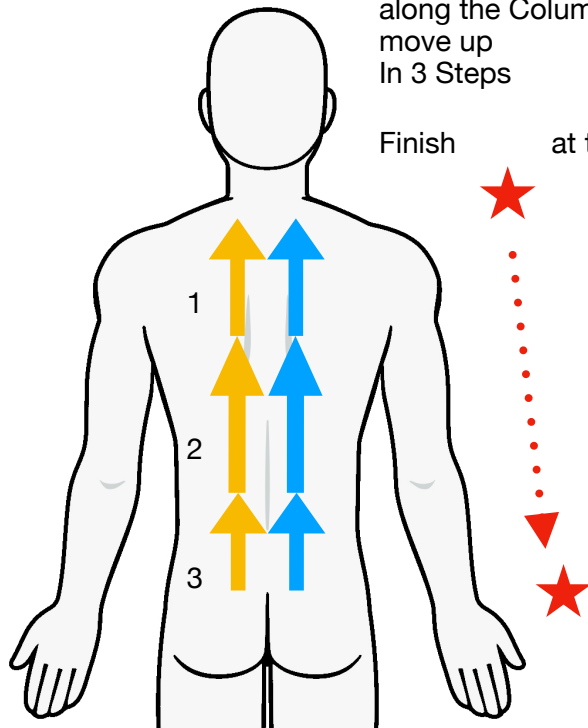
Page 13



**Sliding Presses**

Inches alternately  
along the Column as you  
move up  
In 3 Steps

Finish at the **Sacrum**

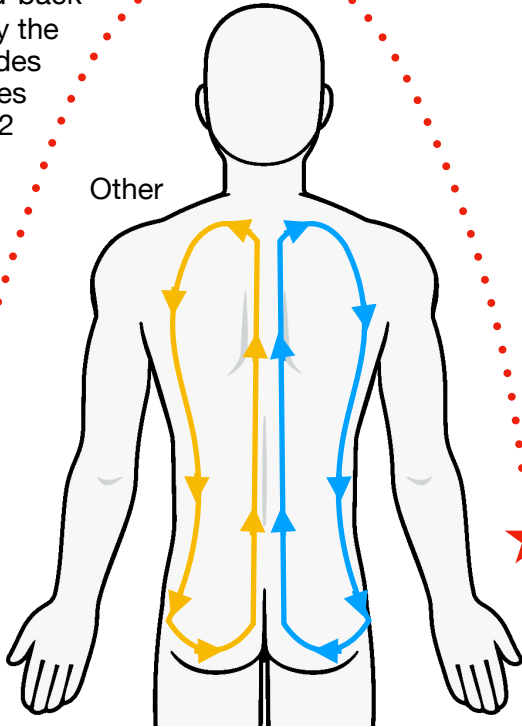


### Effleurage

up to mid-back  
**Descend** by the  
Sides  
to the Glutes  
x 2

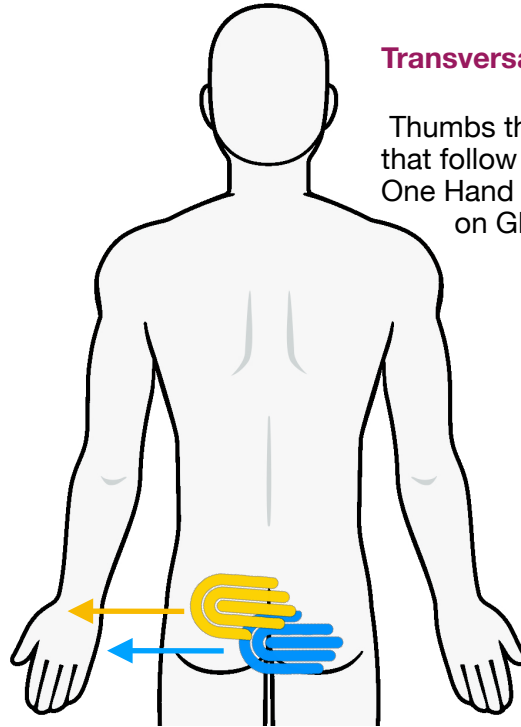
Finishing on the  
Side  
of the table

Other



### Transversal Smoothing

Thumbs then Fingers  
that follow  
One Hand after the Other  
on Glutes



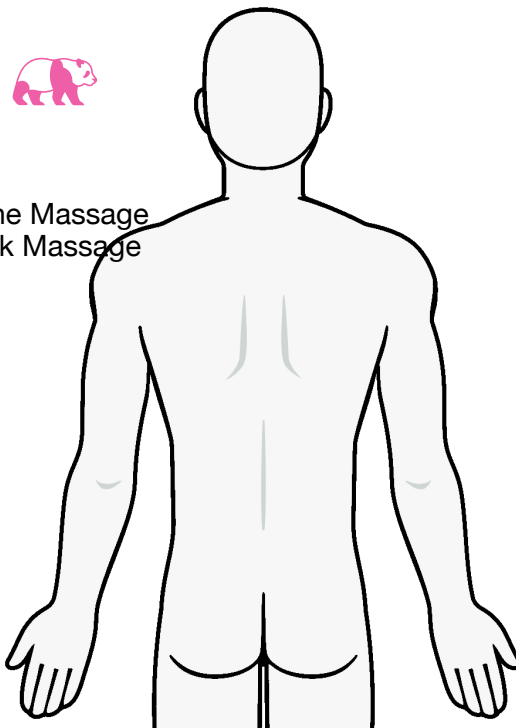
Go back to



Page 7

And **Repeat** the Massage  
Right Side Back Massage

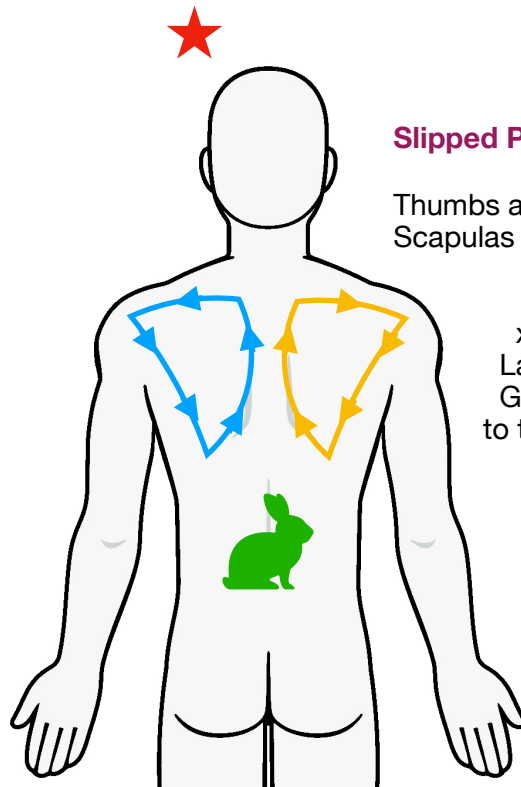
Up to  
Page 12



### Slipped Pressures

Thumbs around  
Scapulas

x3  
Last time  
Go down  
to the Elbows

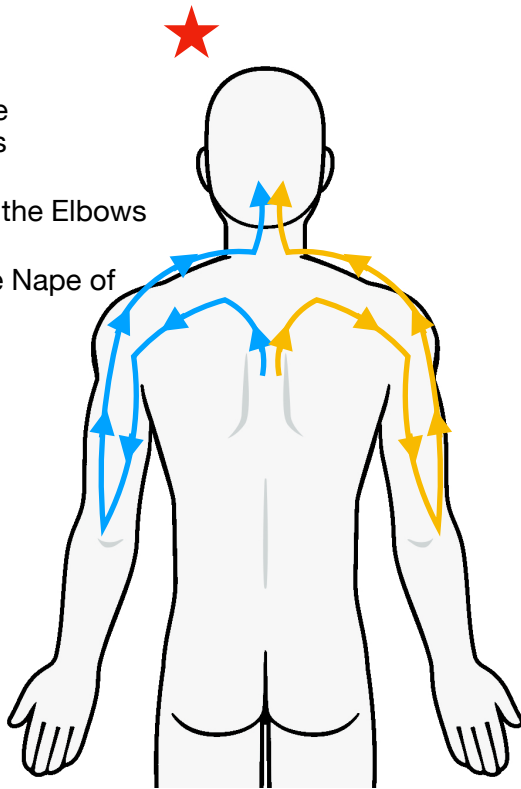




Go up above the Scapulas

Descend to the Elbows

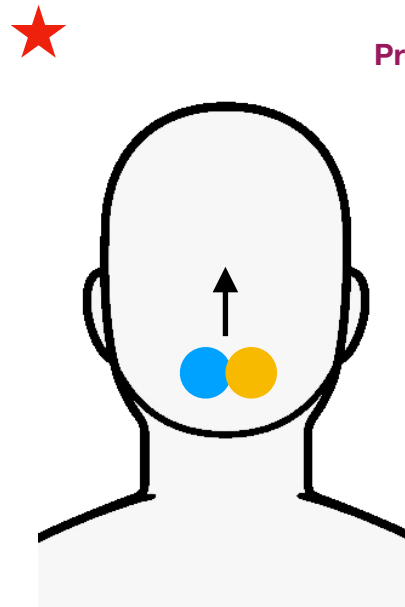
Go up to the Nape of the Neck



Pressure / Traction

at the Occiput

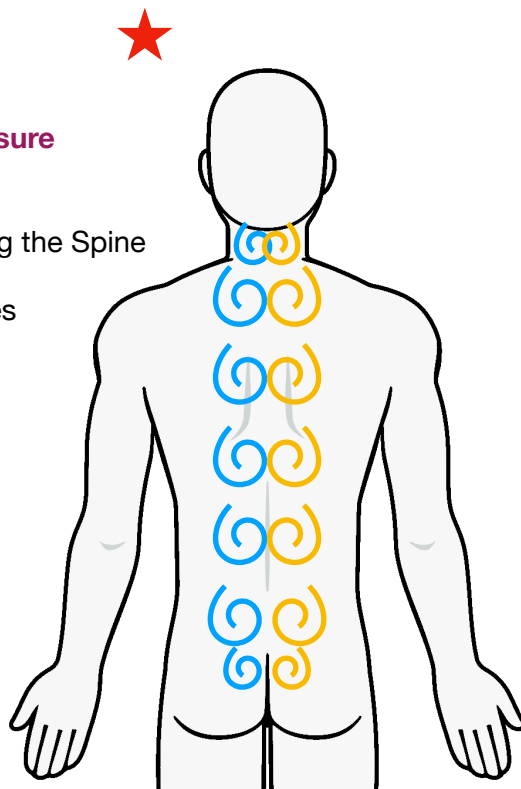
A few seconds



Slipped Pressure Circular

Thumbs along the Spine

Neck → Glutes

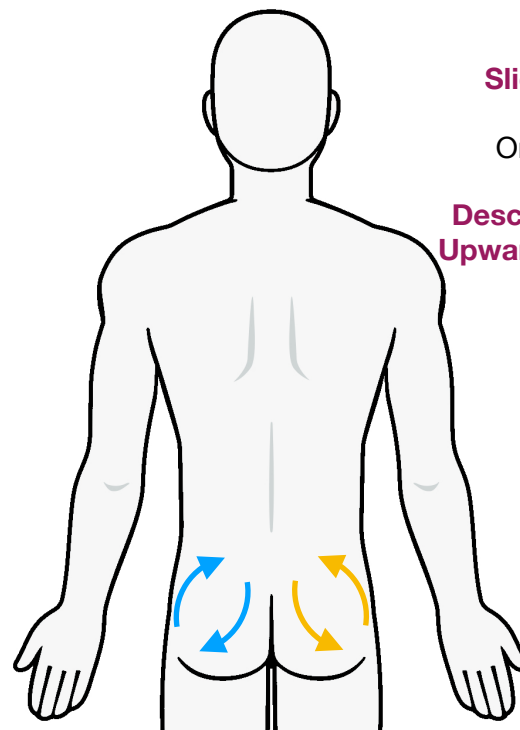


Sliding Pressure

On the Buttocks

Descending Internally Upwards on the outside

x 2



**Slipped Pressure** ★

From the Lumbar to the Buttocks

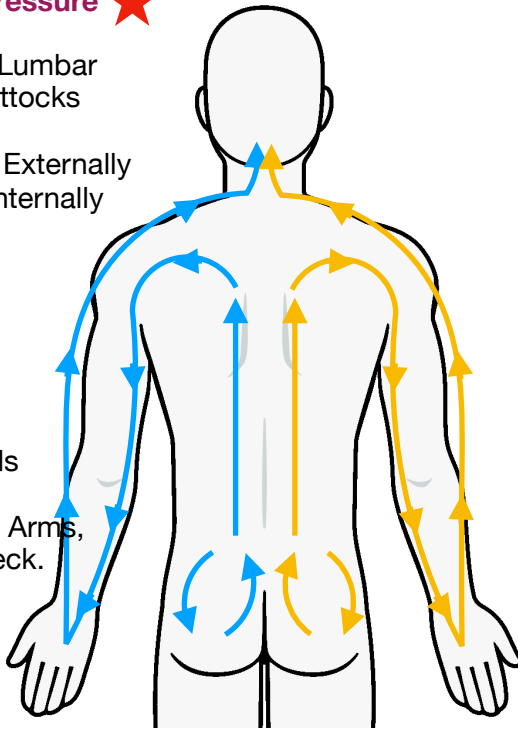
**Descending** Externally  
**Move up** internally

x 1

**Sliding Pressure**  
of the Thumbs  
along the Spine

Buttocks → Hands

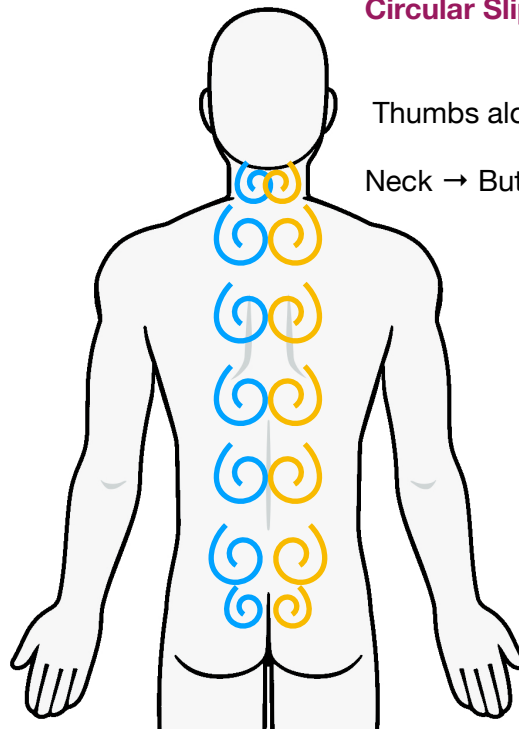
**Move up** through Arms,  
Shoulders and Neck.



**Circular Slipped Pressure**

Thumbs along the Spine

Neck → Buttocks

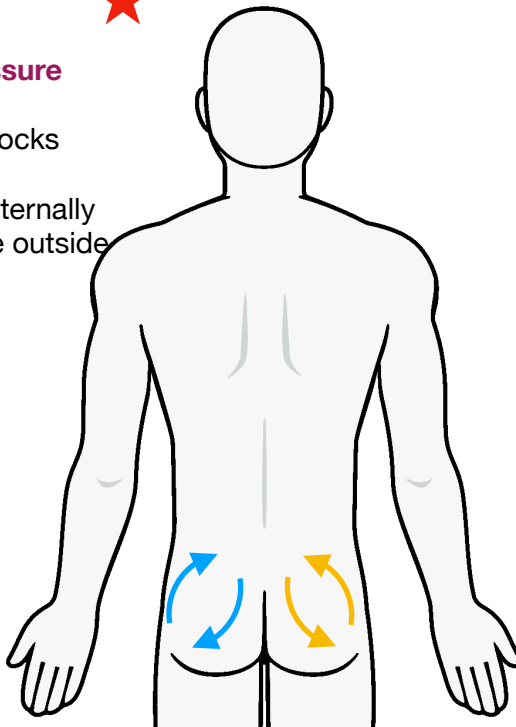


**Sliding Pressure**

On the Buttocks

**Descending** Internally  
**Upwards** on the outside

x 2



**Slipped Pressure**

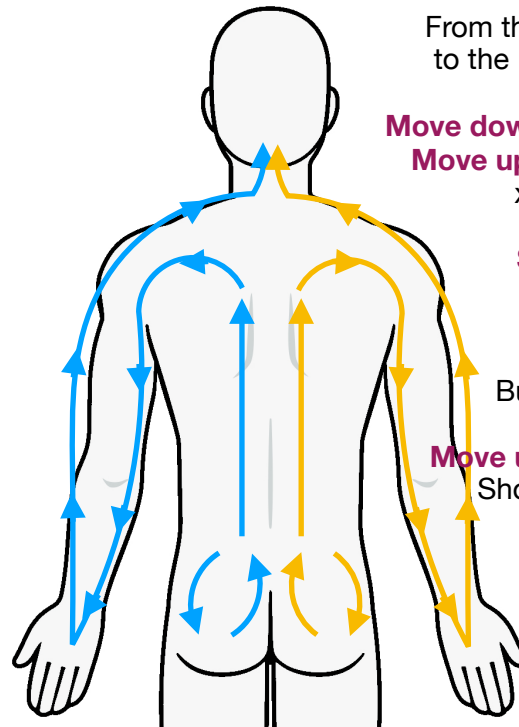
From the Lumbar to the Buttocks

**Move down** Externally  
**Move up** internally  
x 1

**Sliding Pressure**  
of the Thumbs  
along the Spine

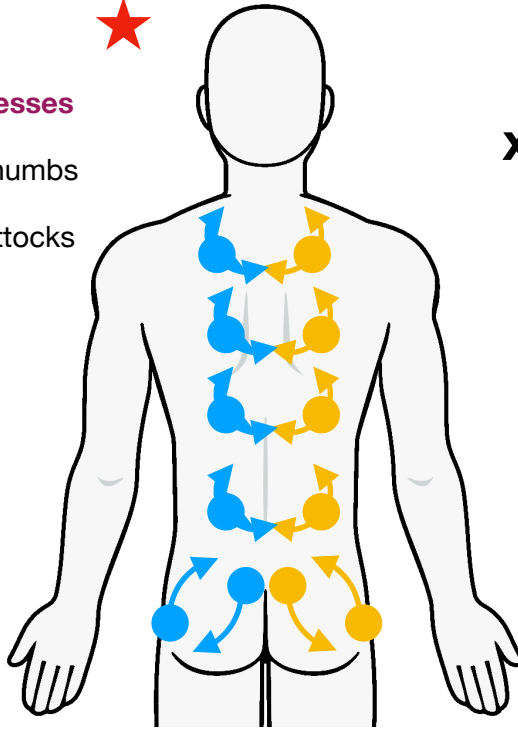
Buttocks → Hands

**Move up** through Arms,  
Shoulders and Neck



**Circular Presses**

Fists and Thumbs  
Neck → Buttocks



x 2

**Slipped Pressure**

From the Lumbar to the Buttocks

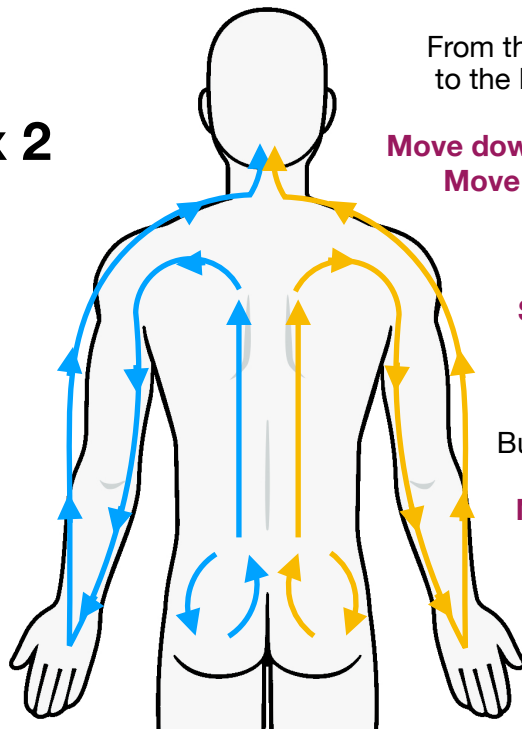
**Move down** Externally  
**Move up** internally

x 1

**Sliding Pressure**  
of the Thumbs  
along the Spine

Buttocks → Hands

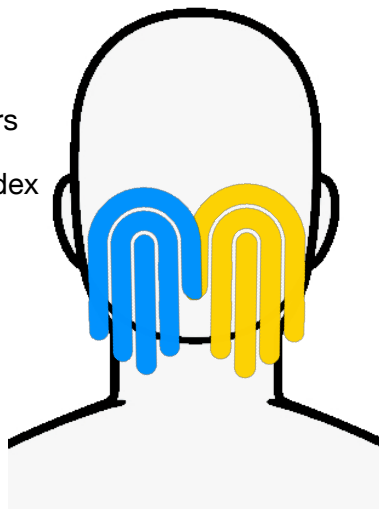
**Move up** through  
Arms,  
Shoulders and  
Neck.



**Slipped Pressures**

With Indexes and Majors

Index then Major then Index  
then Major ...



**Head Massage**

2 min





# Art-Massage

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**Cover** the Back with the Sarong (or the Sheet)

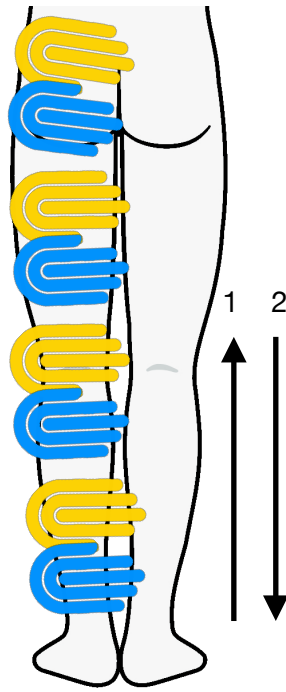
## Lower limbs (Posterior side)

**Continue** the massage on the client's left lower limb

### Pinch Presses

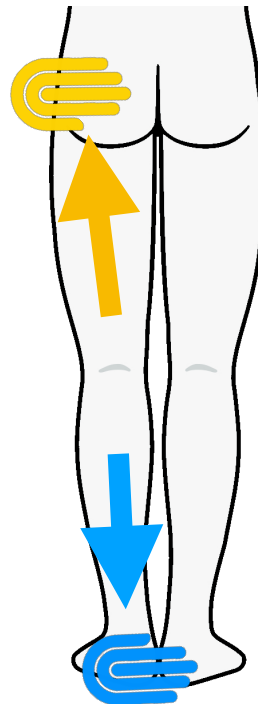
Ankle → Buttocks  
one hand after the other

**Go back down**  
to the Left Foot



### Simultaneous Press-Stretch

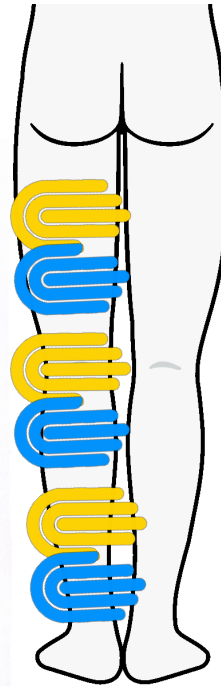
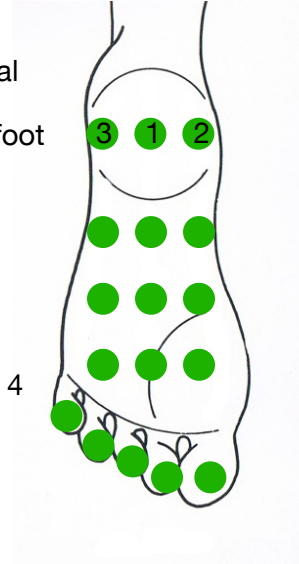
**Left hand** : Buttocks  
**Right hand** : Heel



**Remove** the left lower limb from the sarong

**Alternative Pressures**

in 3 Bands:  
 Middle, Internal and External  
 Thumbs on the sole of the foot  
 Heel → Toes → Back



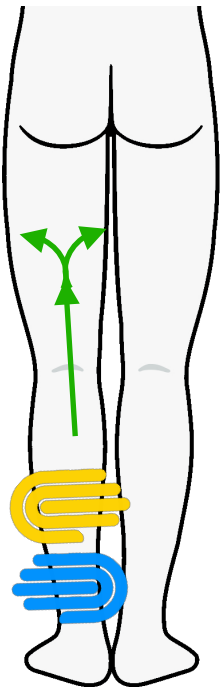
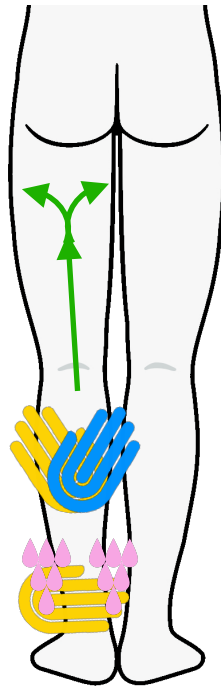
**Pinch Pressing**

from the Ankle to the  
 Upper part of the AR thigh,  
 one **hand** after the **other**,  
 Back to Plant

**Left Hand (LH)** on Achilles  
 Tendon,

Palm towards Heaven,

**Pour** Warm Sesame  
 Sesame Oil



**Smoothing**

Hands at 90 Degrees  
 (Perpendicular) to the leg

Ankle → Back Thigh (Under  
 Buttocks)  
 → foot Sole

Return in **Enveloping**  
 x2

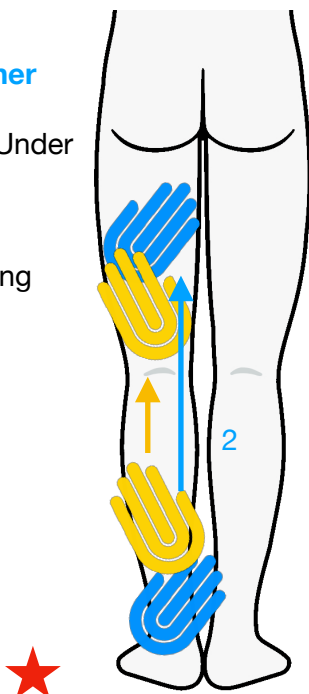
### Pinch Smoothing

one **hand** after the **other**

Ankle → Thigh Back (Under Buttocks)  
→ Sole of the Foot

Return in Encompassing

x2



### Smoothing-Sliding Pressure

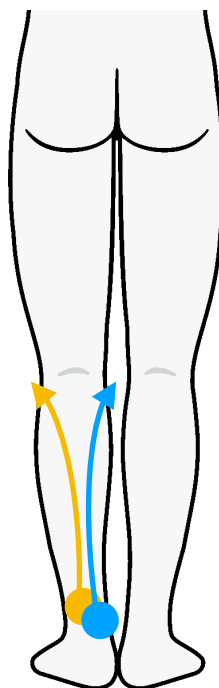
With the Thumbs  
(one after the other)

Ankle → Back of the Knee

Return by **Enveloping**  
(Internal and External) the leg

Back of the Knee → Sole

x2



### Smoothing-Sliding Pressure

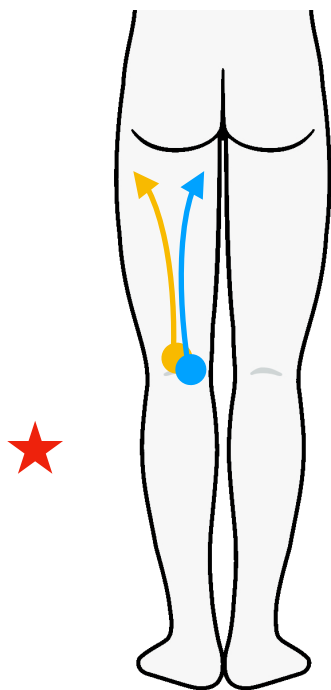
With the Thumbs  
Alternatively

AR Knee → AR Thigh  
(Under Buttocks)

Return by **Encompassing**  
(Internal and External) the leg

x 2

Finish with Buttocks → Foot Sole

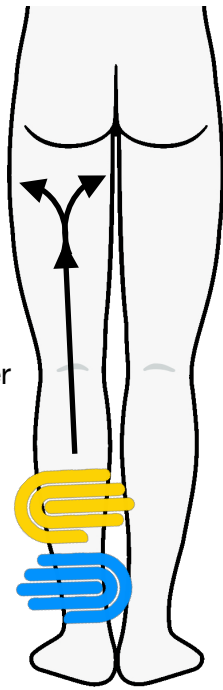


**Smoothing**

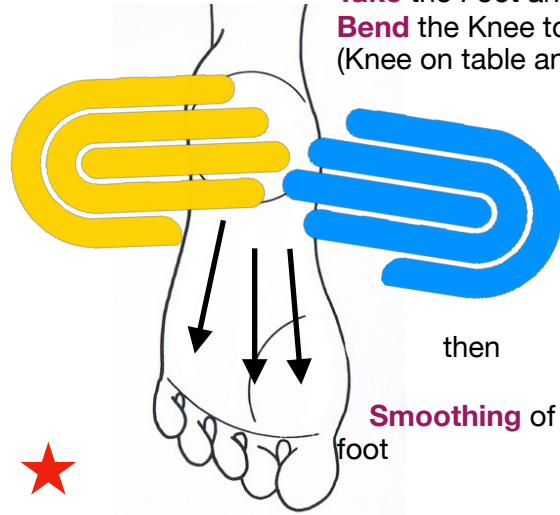
Hands at 90 Degrees  
(Perpendicular) to the leg

Ankle → Back Thigh (Under  
Buttocks)  
→ foot sole

Return in Enveloping  
x2



**Take** the Foot and  
**Bend** the Knee to 90 Degrees  
(Knee on table and Foot in the air)

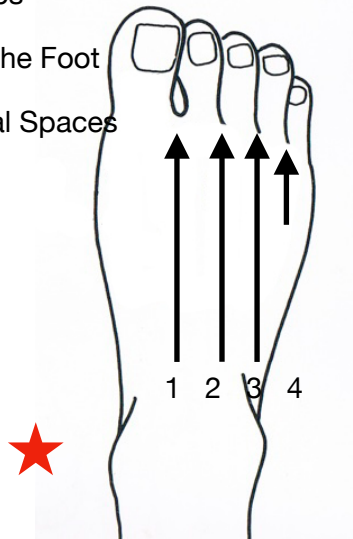


then

**Smoothing** of the sole of the  
foot

**Sliding pressure**  
with the Thumbs

On the Top of the Foot  
the 4 Spaces  
Inter-Metatarsal Spaces



**Pressure - Twist**  
of the Plant with the tip  
of the 10 Fingers (Folding of  
the Foot)

**Rotations**  
Ankle in both directions  
(3-4 Turns)

**Flexions - Extensions**  
of the Ankle (2-3 times)

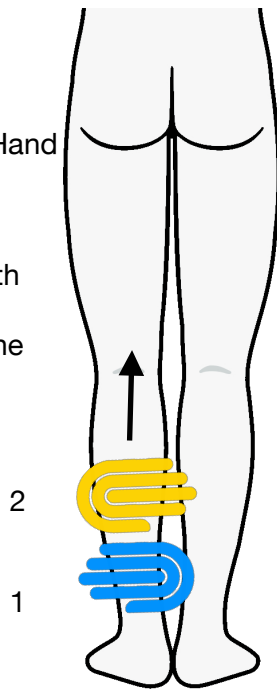
**Put** the foot on the table

**Hold** the Foot with Right Hand

**Smoothing** with Left Hand (Perpendicular)

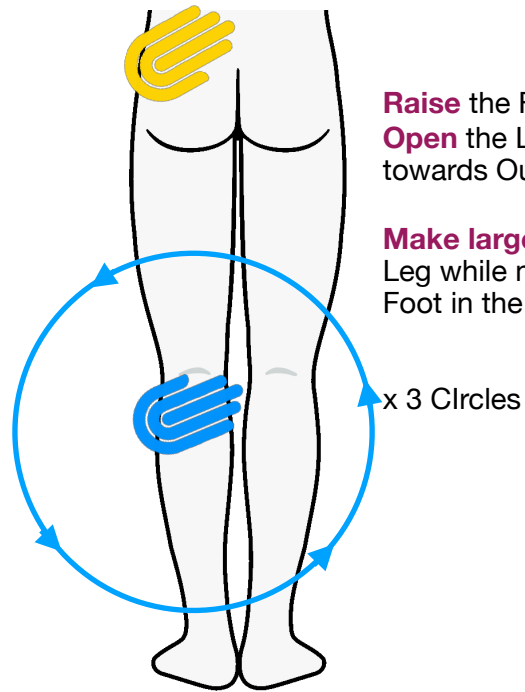
Ankle → Knee  
Return from underneath

**Repeat** by reversing the Hands



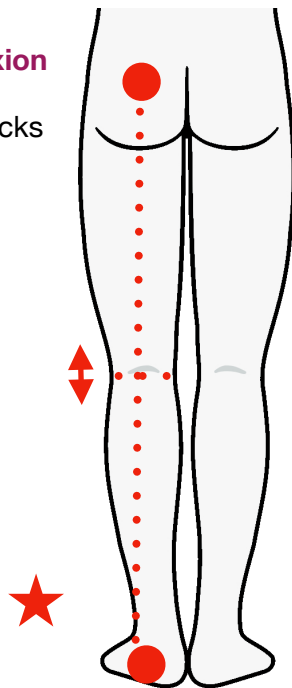
**Raise** the Foot  
**Open** the Leg slightly towards Outside.

**Make large** Circles with the Leg while maintaining the Foot in the air



**Maximum Knee Flexion**

Left foot on left buttocks (if possible)



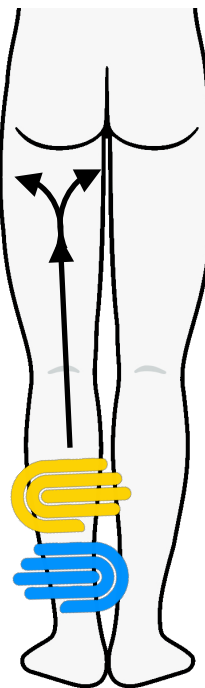
**Put** the foot back on the table

**Smoothing**

Hands at 90 Degrees (Perpendicular)

Ankle → Thigh Back  
→ Foot Sole

Back to  
**Encompassing**  
x2

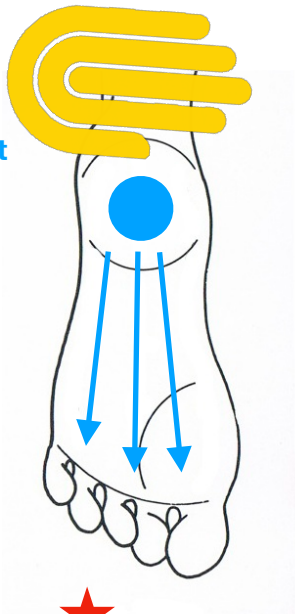




**Smoothing**

With the **Right Fist**

Foot Sole



**Replace** the Sheet **to cover** the Left Lower Limb and

**Return** to



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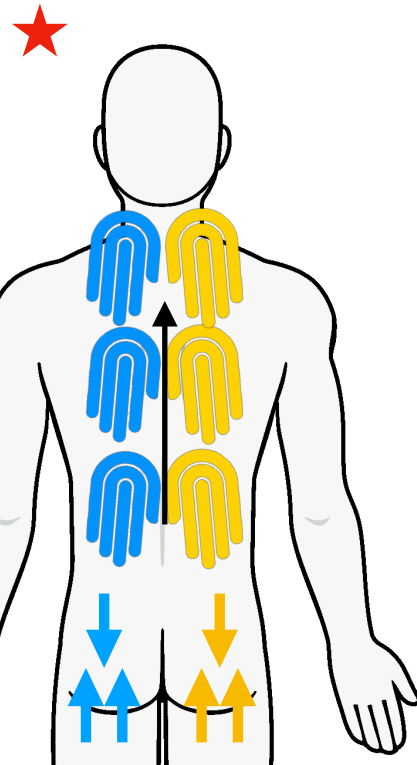
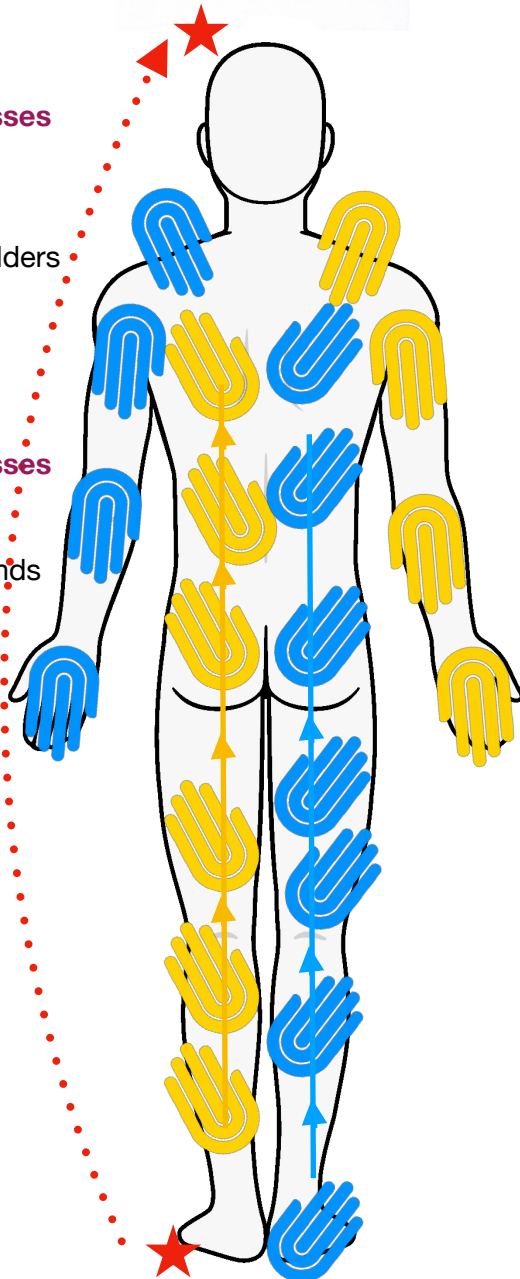
**Alternating Presses**  
(Elephant Walk)

Sole → Buttocks  
→ Back → Shoulders

**Uncross** Hands

**Alternating Presses**  
(Elephant Walk)

Shoulders → Hands



**Longitudinal Pinches**

Glutes between Thumbs and Fingers

x 3

**Alternating Presses**  
(Elephant Walk)

Lumbar → Trapezius → Shoulders



# Art-Massage

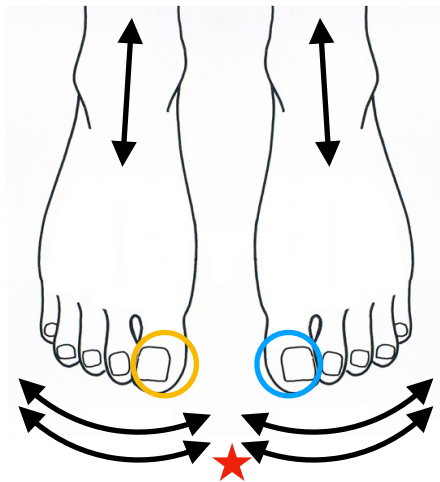
Academy of Massage Therapy

## Lower limbs (Anterior side)

**Turn** the Client over - **Place** the Head Pillow - **Place** the Light Towel over the Eyes  
**Pull** Sarong (or Sheets) up to Knee

**Place** Index between the Big Toes (Hallux) and the 2nd Toes

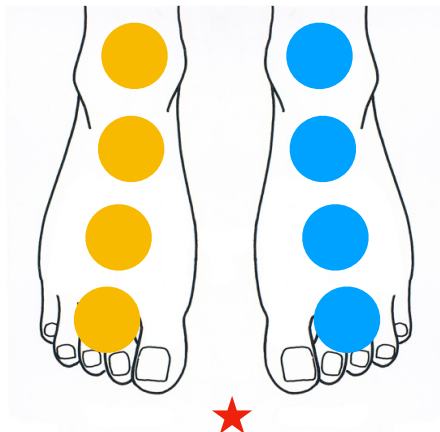
**Shaking/ Breaking**  
Left - Right of the Feet to Outside - Inside



**Alternate Opening** of the Feet

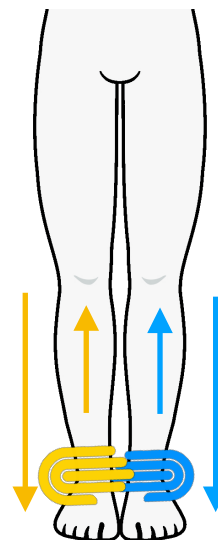


**Elephant Walk**  
Toes → Ankles



**Smoothing Legs**

Hands 90 Degrees  
Ankle → Knee  
Return by External  
Knee → Toes



**Traction**

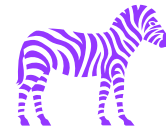
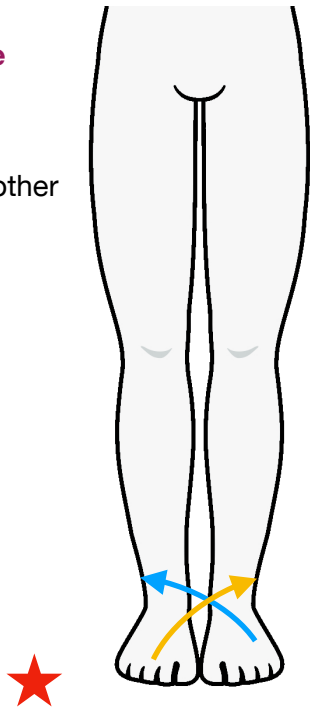
x2

**Putting** the Sarong back on its feet

**Maximum Closure**

of the Feet,

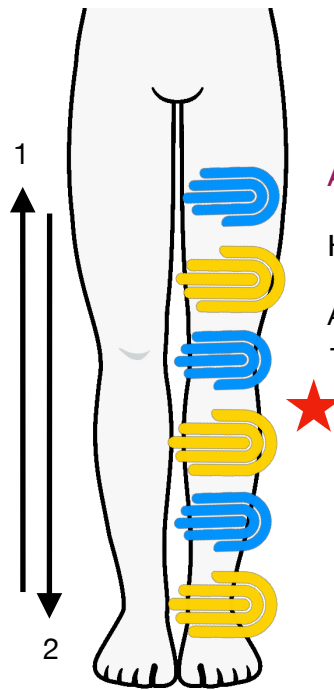
One on top of the other then **Reverse**



**Alternating Pressures**

Hands at 90 Degrees

Ankle → Thigh  
→ Ankle

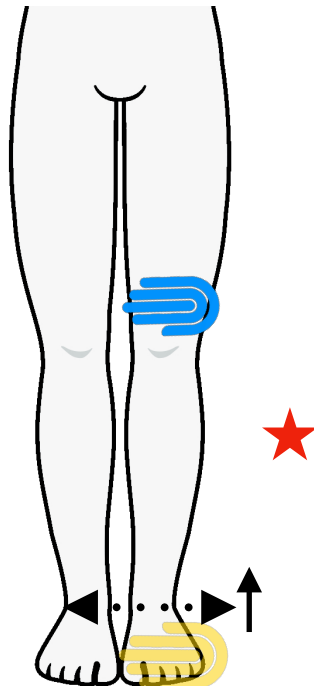


**Undress**

the Lower Limb (Left)

**Left Hand** at the Heel  
**Right Hand** above the  
Knee

**Dorsal Flexion** of the  
Ankle

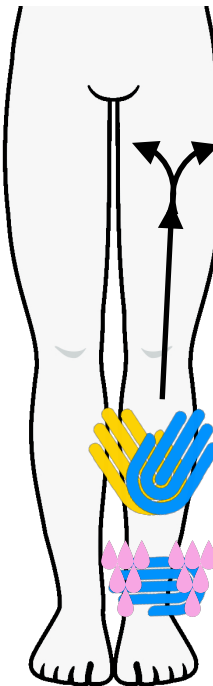


**Pour** warm Sesame Oil  
into the hollow of one  
hand

**Apply - Effleurage**

Oil on Ankle, Leg and  
Thigh

x1

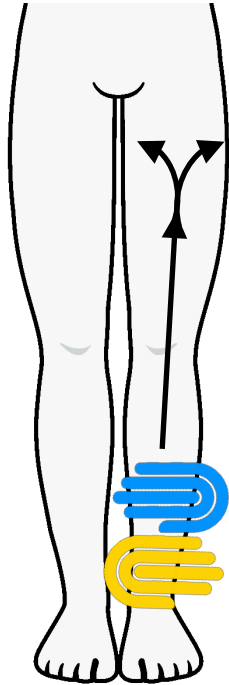


**Smoothing**

Hands 90 Degrees

Ankle → Front thigh  
→ Foot

Back to Enveloping  
x2

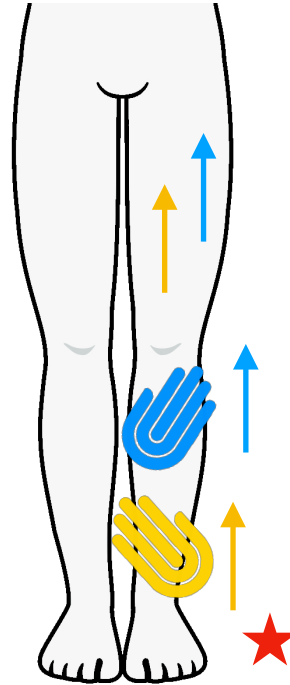


**Smoothing  
Sliding Presses**

Pinch Hands

Ankle → Front thigh  
→ Foot

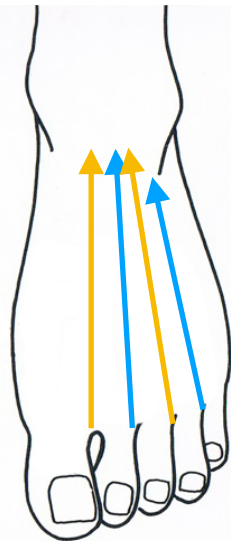
Back to Enveloping  
x2



**Smoothing** of the Back of  
the Foot

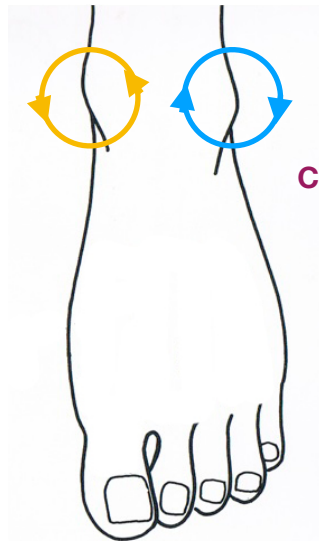
Alternating thumbs

in 4 Bands :  
4th inter-meta space,  
3rd,  
2nd,  
1st



**Circling** of the malleoli

x3



**Smoothing**

Ankle → Knee  
Hands following each other

**Circling** the Knee (Top-Bottom) with the Thumbs

**Smoothing**

Knee → Front Thigh  
Hands following each other

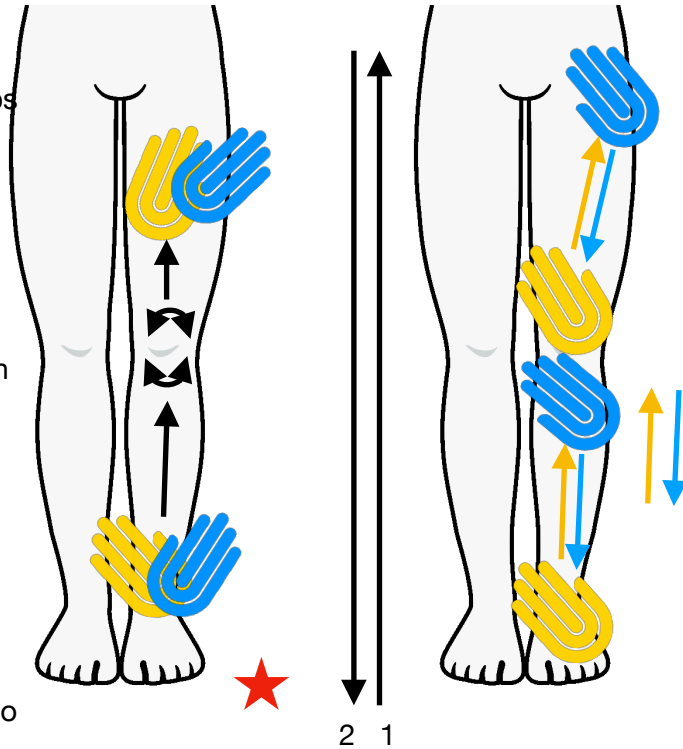
**Down** to the Knee encompassing the Thigh

**Circling** of the Knee (Upper-Below) with the Thumbs

**Smoothing**

Knee → Front Thigh  
Hand after the Other

**Finish by going down** to the Toes



Hands in Pinch

**Smoothing** in Pinch

LH : **Slide & Go up**

Ankle → Knee

RH : **Slide Down**

Knee → Ankle

LH : **Slide & Go up** on the Knee

RH : **Drag & Go Down** on the Knee

LH : **Slide Up**  
Knee → Front thigh

RH : **Slide Down** Front Thigh → Knee

Down to  
Finish at Foot

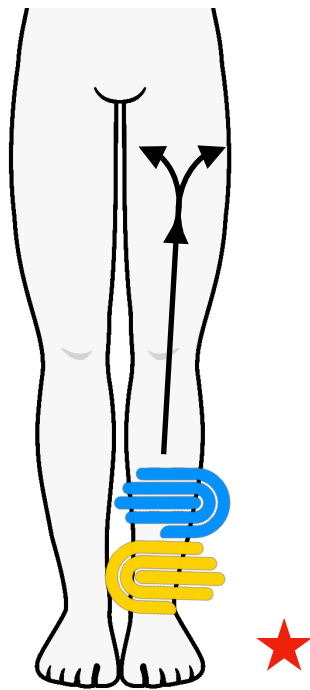
**Smoothing**

Hands 90 Degrees

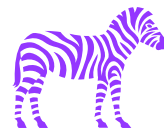
Ankle → Front thigh  
→ Foot

Back to Enveloping

x2



Return to :



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**Put** the Sarong back on



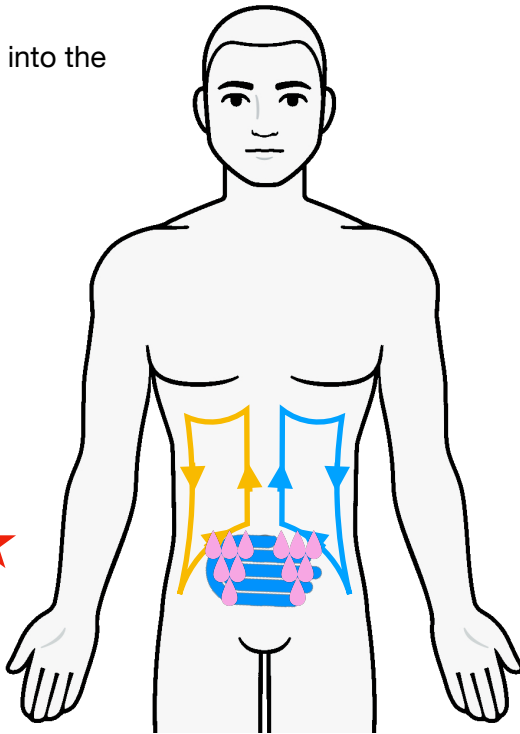
# Art-Massage

Academy of Massage Therapy

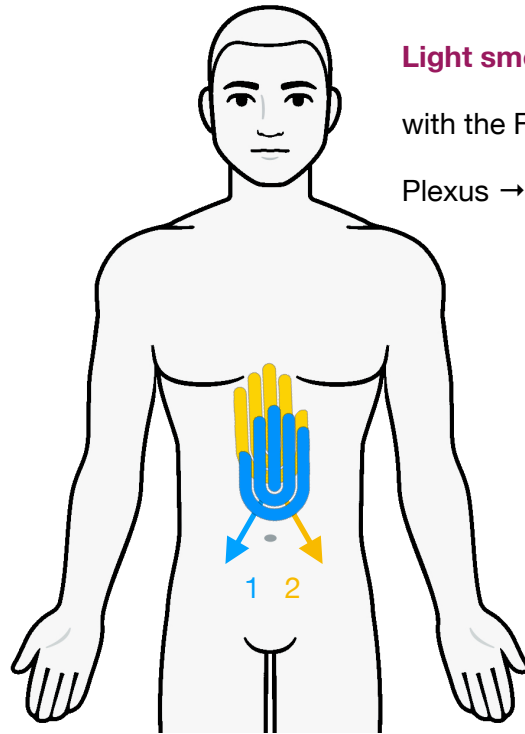
## Belly and Upper Limbs

**Place** the Towel on the Chest to reveal the Bust

**Pour** the oil into the Palm  
**General Effleurage**  
Belly →  
Ribs



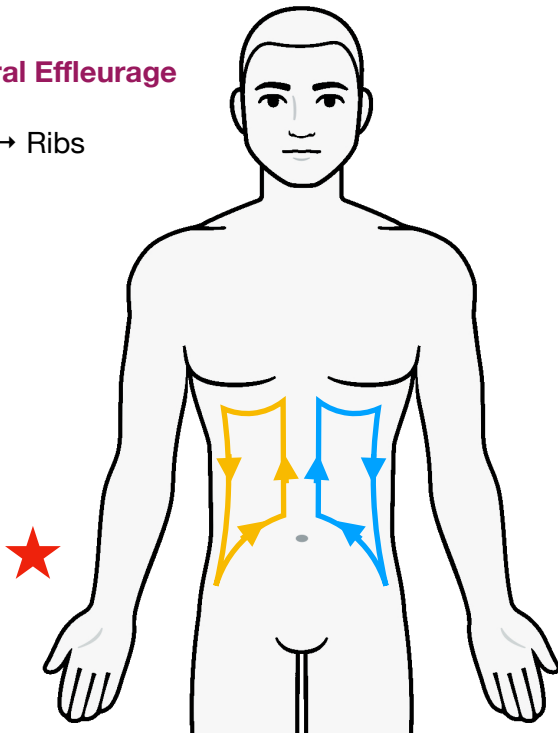
**Light smoothing**  
with the Fingertips  
Plexus → Rib Contour



**General Effleurage**

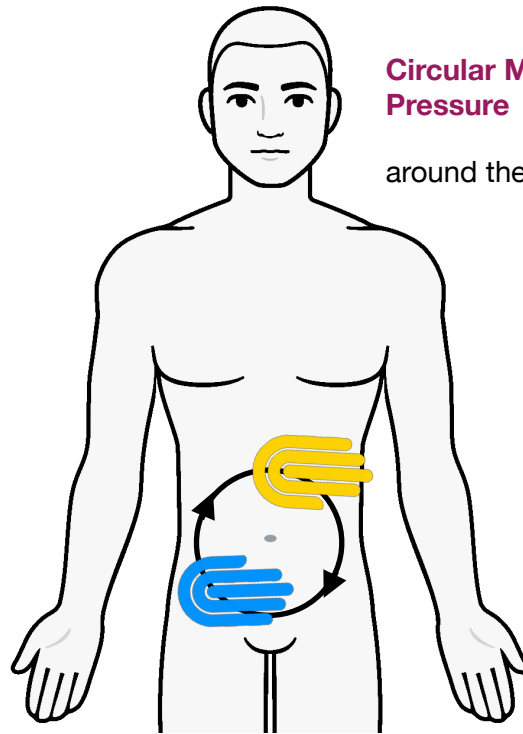
Belly → Ribs

x2



**Circular Movement in Pressure**

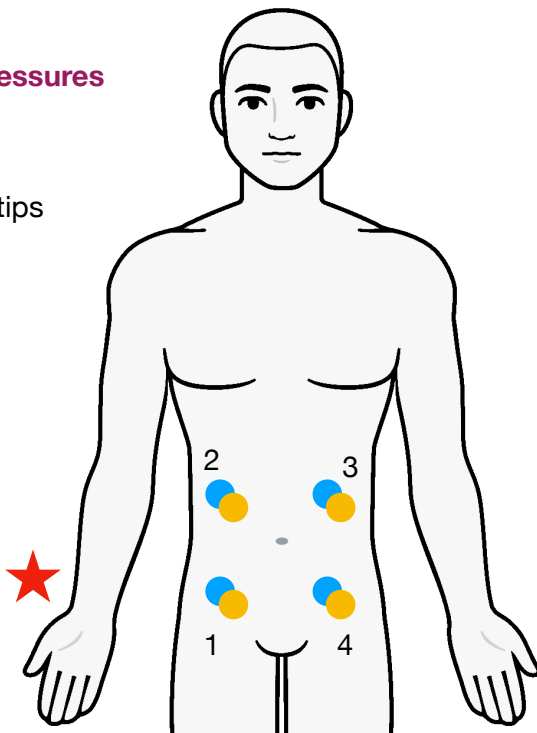
around the Belly



**Circular Pressures**

4 Points

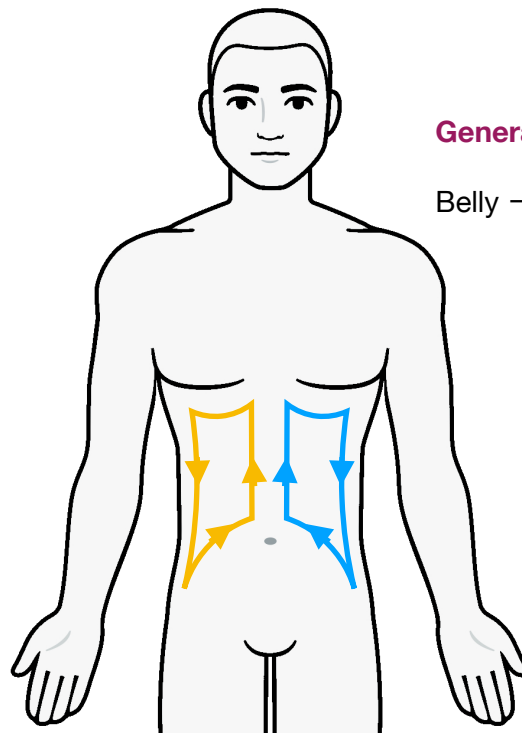
With Fingertips



**General Effleurage**

Belly → Ribs

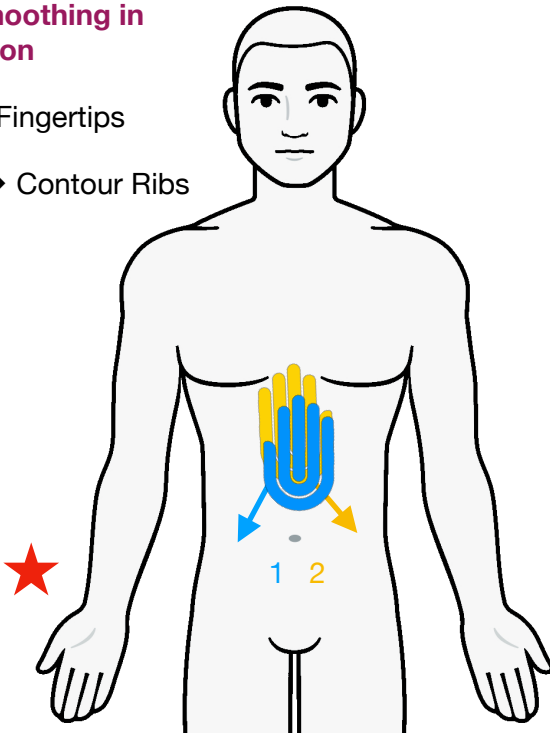
x 2



**Light smoothing in alternation**

with the Fingertips

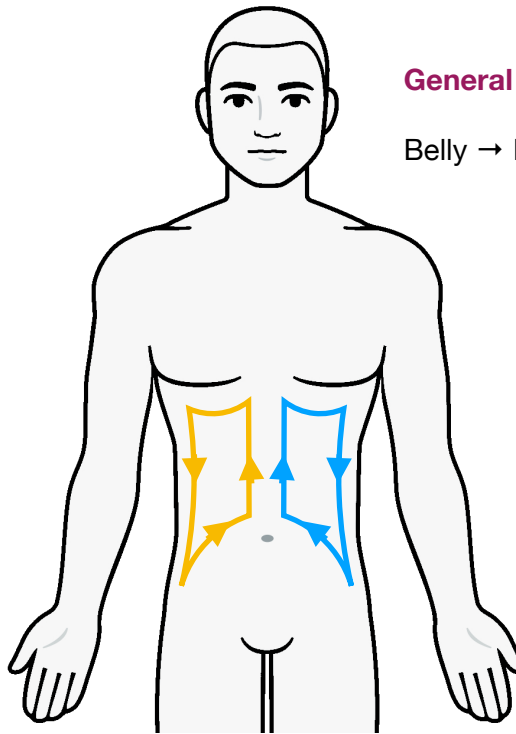
Plexus → Contour Ribs



**General Effleurage**

Belly → Ribs

x 2



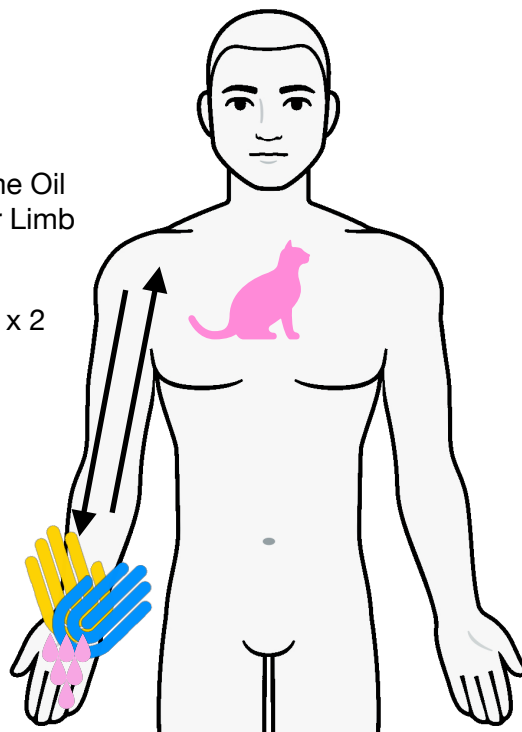
**Raise** the Sarong to cover the Bust

**Release** the Right Upper Limb by moving the Sarong or Sheets

**Apply** Sesame Oil on the Upper Limb

**Effleurage**

x 2

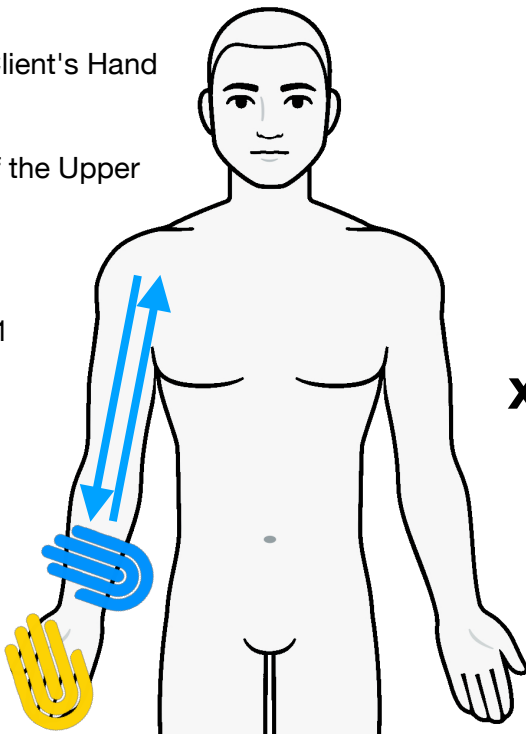




**Holding** the Client's Hand with the **LH**

**Smoothing** of the Upper Limb Internally with the **RH**

x1

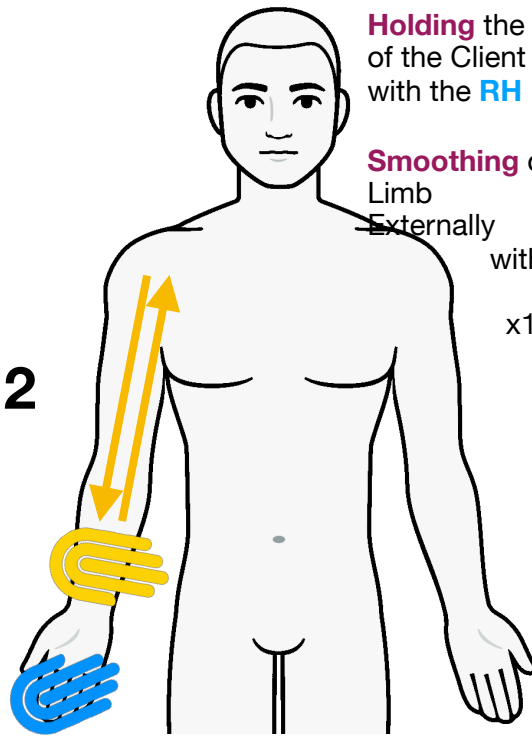


x 2

**Holding** the Hand of the Client with the **RH**

**Smoothing** of the Upper Limb Externally with the **LH**

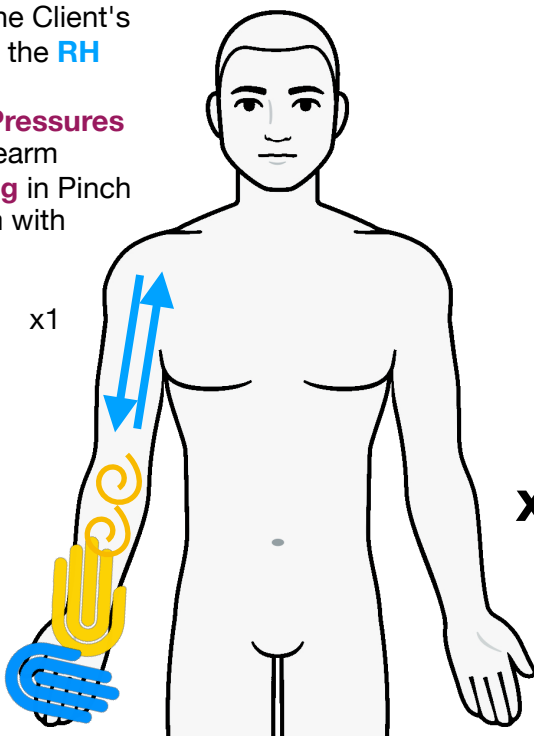
x1



**Holding** the Client's Hand with the **RH**

**Circular Pressures** on the forearm  
**Smoothing** in Pinch of the Arm with the **LH**

x1

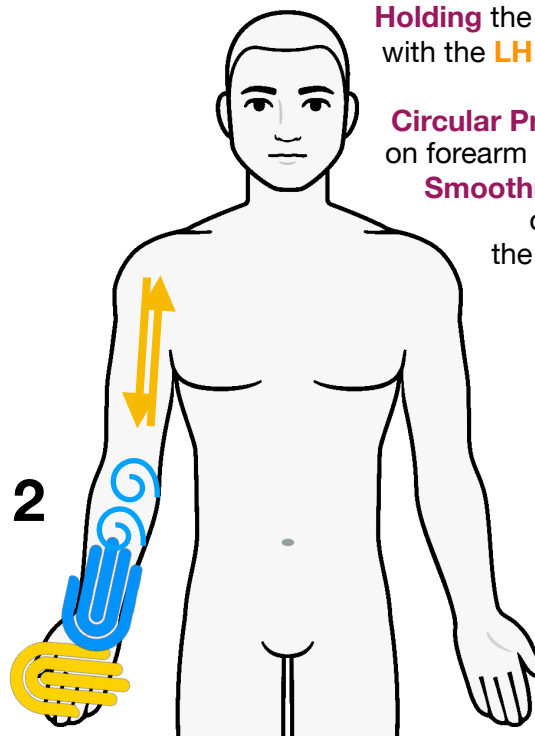


x 2

**Holding** the Client's Hand with the **LH**

**Circular Pressures** on forearm  
**Smoothing** in Pinch of the Arm with the **RH**

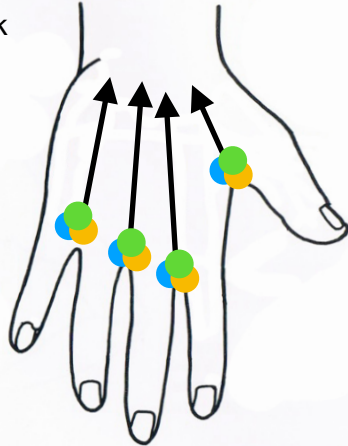
x1



**Alternating Sliding Presses**

Thumbs on the Back of the Hand

x 3 each inter-metacarpal space



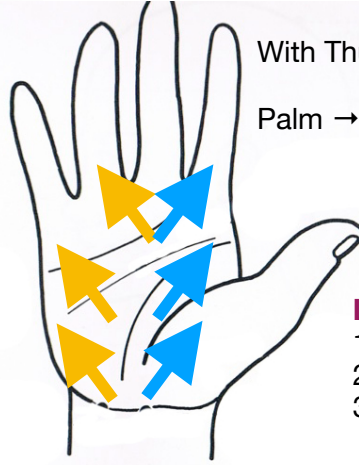
**Alternating Slip Presses**

With Thumbs

Palm → Fingertips

**Light Traction**

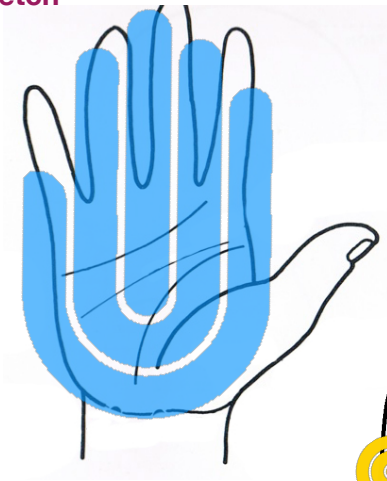
- 1 and 5
- 2 and 4
- 3 and 1 or 5



**Interlace**

the Fingers of the **LH** with the Fingers of the Client's Right Hand

**Exercise a Traction - Stretch** of the Wrist and Fingers



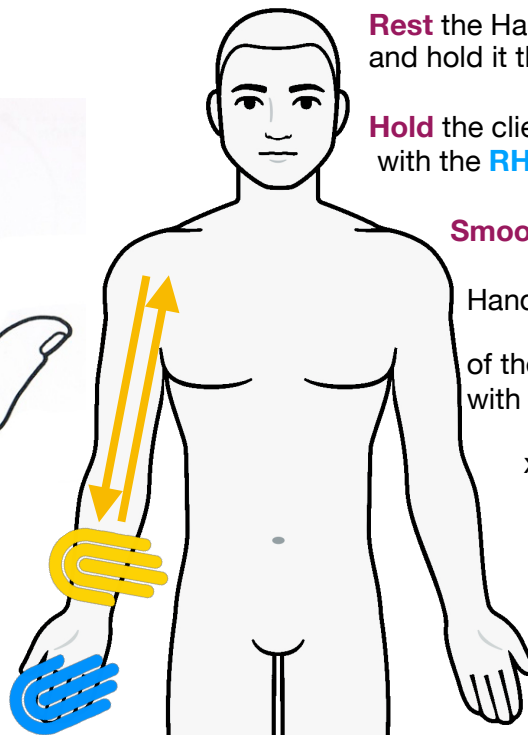
**Rest** the Hand on the table and hold it there

**Hold** the client's hand with the **RH**

**Smoothing**

Hand 90 Degrees of the Upper Limb with the **LH**

x1

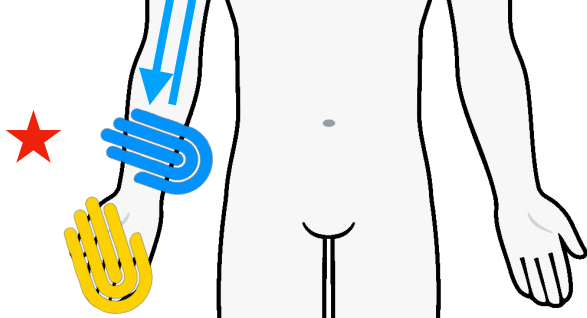


**Holding** the Client's Hand with the **LH**

**Smoothing**

Hand 90 Degrees of the Upper Limb with the **RH**

x1

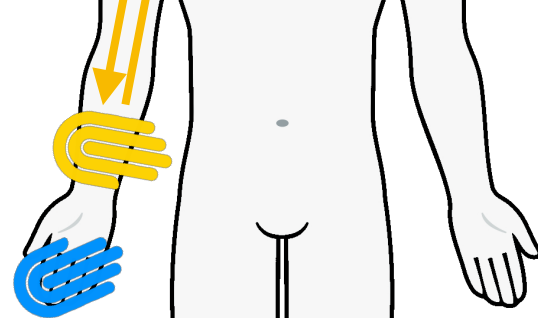


**Holding** the Client's Hand with the **RH**

**Smoothing**

Hand 90 Degrees of the Upper Limb with the **LH**

x1

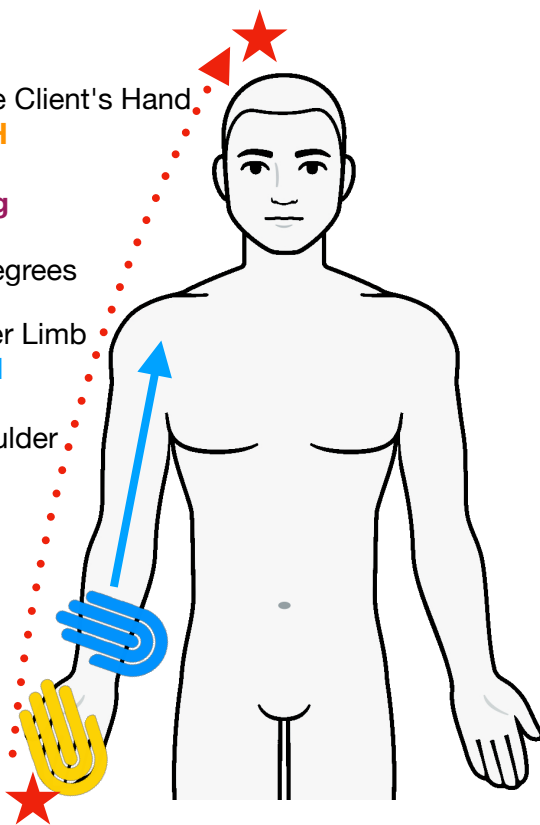


**Holding** the Client's Hand with the **LH**

**Smoothing**

Hand 90 Degrees of the Upper Limb with the **RH**

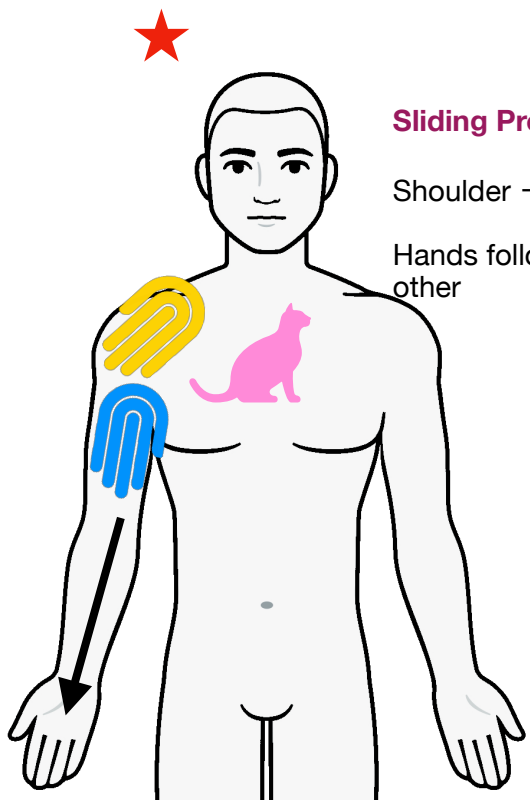
**Finish** Shoulder



**Sliding Pressure**

Shoulder → Hand

Hands follow each other



**Cover** the Upper Limb with the Sarong or Sheets  
**Go** to the other side to make the other Upper Limb (Left)

**Return**



to Page 29

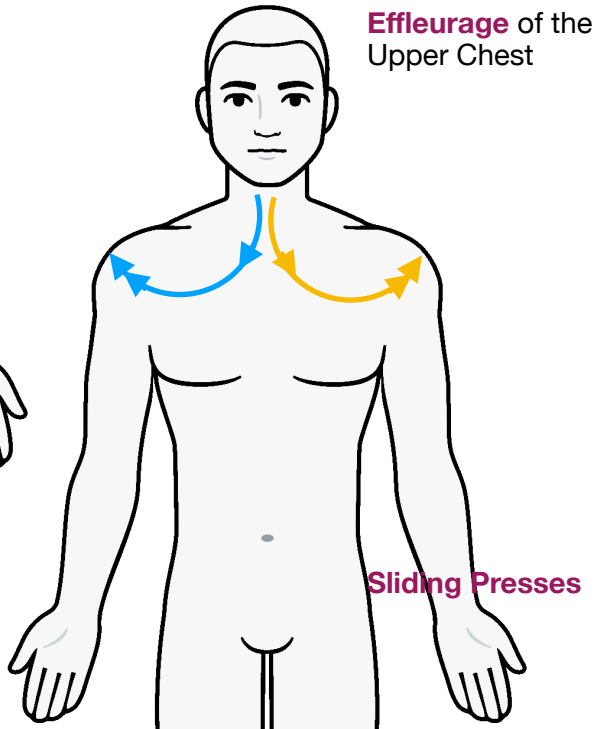
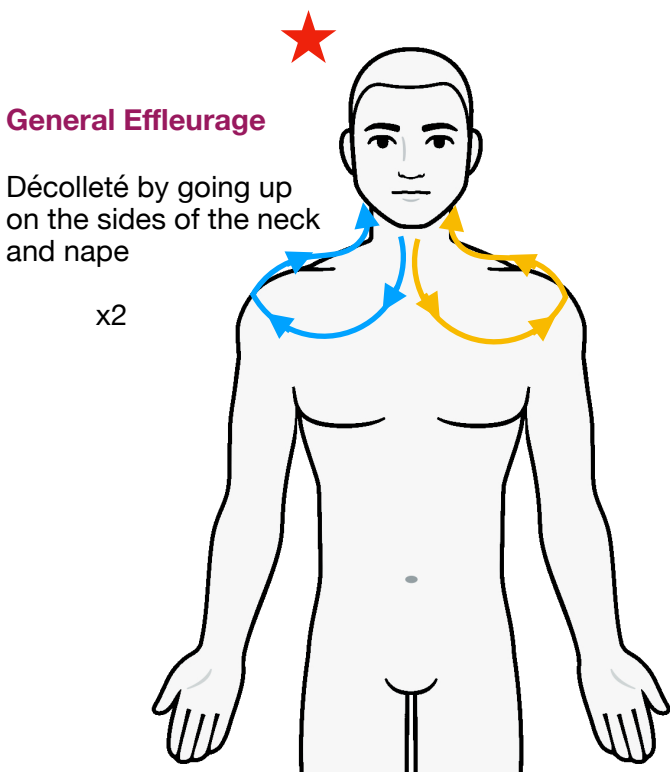


# Art-Massage

Academy of Massage Therapy

## Face

**Remove Head Pillow - Gently Remove Eye Towel**  
Slightly **uncover** the Cleavage by moving the Sarong or Sheets

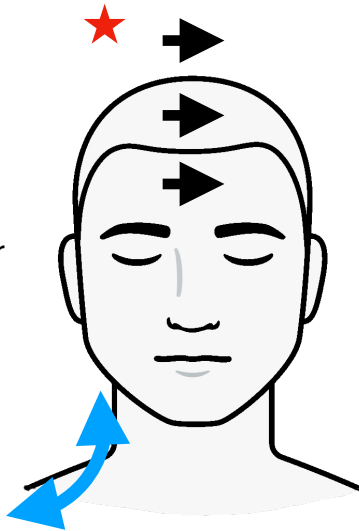


**Turn** the Face to the left

**Smoothing**

Cleavage → Shoulder → Neck (right side)

x2

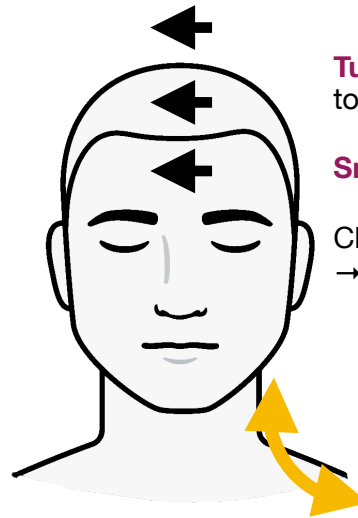


**Turn** the Face to the right

**Smoothing**

Cleavage → Shoulder → Neck (left side)

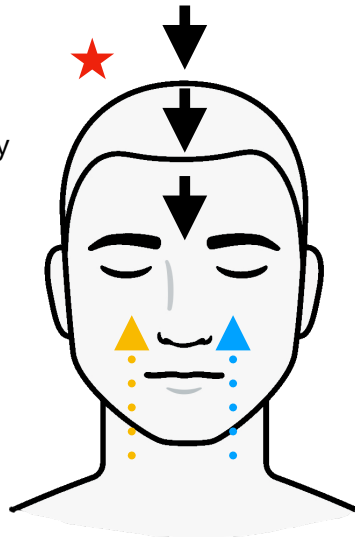
x2



**Keep** the head slightly flexed

**Sliding Presses** on the Neck

Change Hands

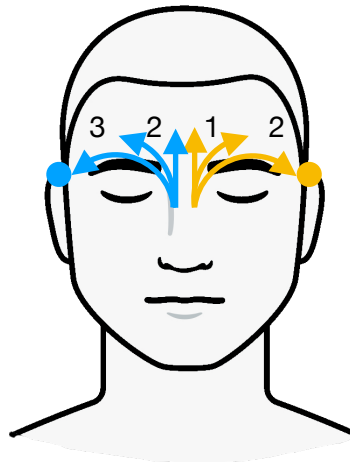


**Sliding Presses Alternating** on the Thumbs on the Stop of the Nose

**Go up** to the 3rd eye

**Alternating Sliding Presses** Thumbs → Eyebrow tip

**Circular Thumb Presses** on the Temples x2



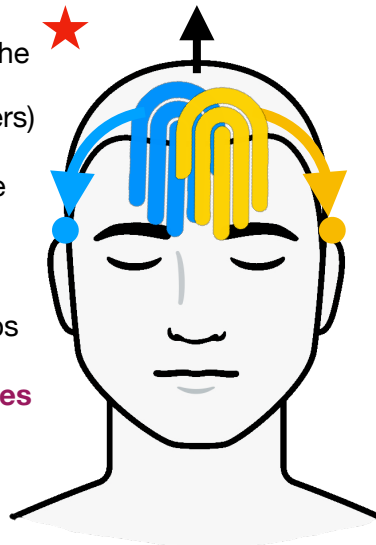
**Slide** one Finger after the other up the Nose (Index and middle fingers)

**Move up** to the 3rd eye

**Alternating Sliding Presses** Thumbs → Eyebrow tips

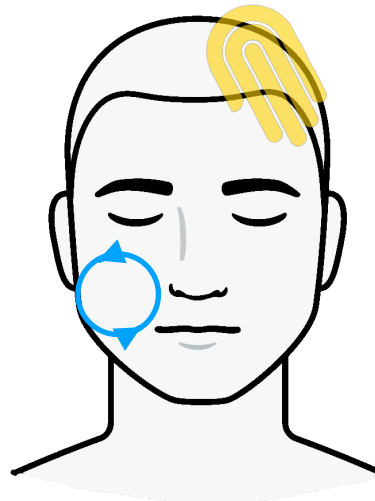
**Circular Thumb Presses** on the Temples

x2



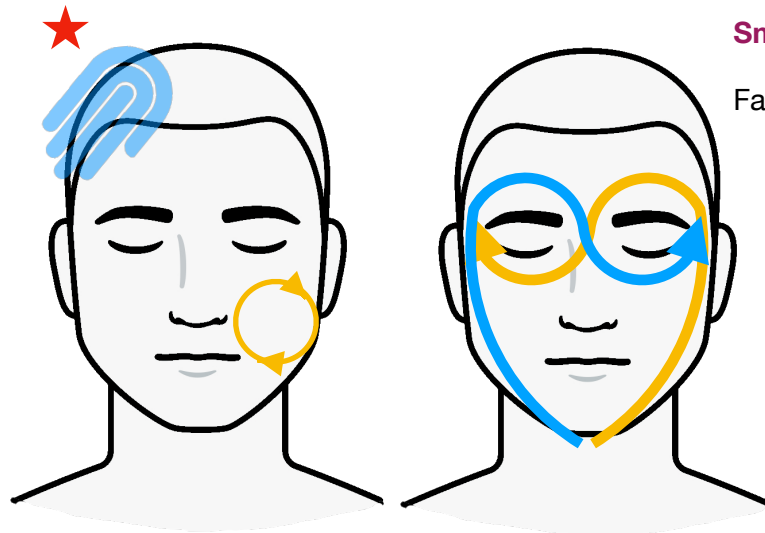
**Circular Movement**

of the fingertips on the cheeks (going up by the middle)



**Circular Movement**

of the fingertips  
on the cheeks  
(going up by the middle)



**Smoothing in 8**

Face with the whole hand

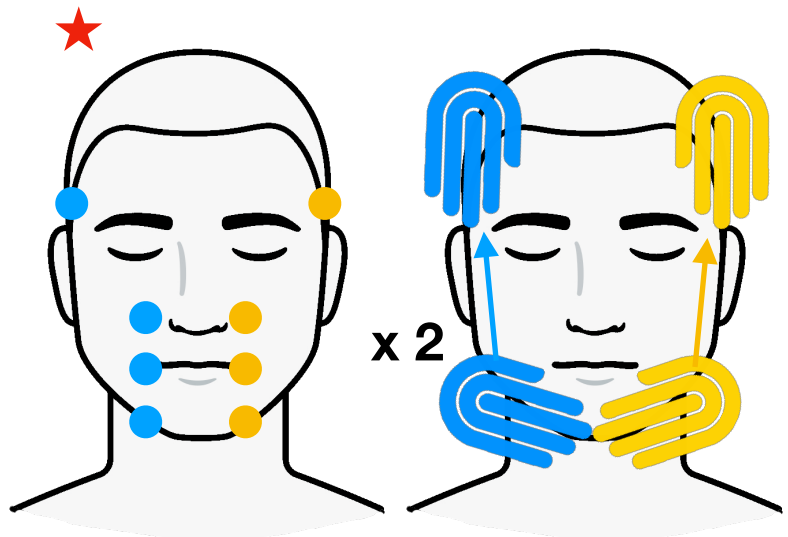
**Circular Pressure**

Temples with fingertips

**Pressure**

Nose-Mouth-Chin  
with index fingers-Middle  
fingers

**Return** to the Temples by  
Swallowing



**A Slide** Index and Middle fingers on both sides of the Ears - Back and forth movements

**B Head Massage** 2min

**C Finish** with Hands on top of each other at 90 degrees on the forehead - Hold for a few seconds

