

# TREATMENT OF THE MONTH

*Bon Vital*

## The complete™ Hybrid Massage

**Session Time:**  
90 minutes

**Suggested Charge  
per Treatment:**  
\$100 - \$150

**Cost per Treatment:**  
\$11.99  
*Treatment Cost: \$3.80*  
+  
*Take Home Products:*  
\$8.19

**Supplies:**

Bon Vital® Complete™  
Massage Creme  
Biofreeze®  
Professional Gel

**Take Home:**

Biofreeze  
Professional Gel



The complete™ Hybrid Massage is a unique, full body treatment that combines the unprecedented versatility of Bon Vital's new Complete Massage Creme with the pain relief of Biofreeze Professional – allowing you to seamlessly transition from high glide Swedish techniques to Deep Tissue techniques to achieve the ultimate in relaxation, reduce muscle tension, and help relieve chronic pain. The complete™ Hybrid Massage will enhance the overall sense of emotional and physical well-being leaving your client feeling complete™.

### KEY INGREDIENTS



Marula Oil



Olive Oil



Avocado Oil



Jojoba Oil



Arnica



Horse Chestnut



Ivy

### FEATURED PRODUCTS

Bon Vital' Complete Massage Creme  
Biofreeze Professional Gel



*The complete™ Hybrid Massage created by Robyn Green, RMT and Lynda Solien-Wolfe, LMT*

1. Start with client in prone position.
2. Add Bon Vital' Complete Massage Creme to your hands. Apply effleurage strokes down the back.
3. Move to the left side of the table and apply circular friction hand over hand to the right side of the body concentrating on moving the skin in circles with fingers from shoulder to hip. Repeat 3 times.
4. From the left side of the table, apply petrissage to the right side of the body, moving from the hip up the side of the body to the shoulder and back of the neck. Repeat 3 times.
5. Move to the right side of the table and repeat on the left side of the body.
6. Apply compression along the side of the para-spinal muscles from the sacrum to the shoulders, 3 times. Repeat 3 times on the other side of the body.
7. Move to the head of the table and apply direct pressure along the para-spinal muscles from the top of the shoulders to the sacrum. Repeat 3 times.
8. From the right side of the table, apply skin rolling across the back from the right side to the left side.
9. Finish back massage with effleurage. Apply Biofreeze Professional Gel to the localized area of tenderness\*.
10. Apply effleurage, compression and stripping strokes to the forearm from the wrist to the elbow and then from the elbow to the shoulder apply effleurage, compression and circular friction.
11. Apply compression from the deltoid to the auxiliary border of the scapula.
12. Use effleurage strokes from the right wrist up the arm, around the shoulder and down the back.
13. Repeat arm sequence on the opposite side.
14. Move to the bottom of the table, undrape the leg you want to begin with and apply effleurage strokes from the ankle to the knee.
15. Apply petrissage, compression and broadening strokes to the calves from the knee to the ankle. Repeat 3 times.
16. Use back of hand and stripping strokes to the bottom of the foot.
17. Support the ankle while performing range of motion movements.
18. Apply effleurage, petrissage, compression and broadening strokes to the thigh from the knee to the hip. Repeat 3 times.
19. Apply range of motion to the knee.
20. Apply compression to the right hip around the greater trochanter.
21. Apply compression between greater trochanter and sacrum with the knee flexed to 90° while rocking the hip in internal and external rotation.
22. Finish the back of the leg with effleurage strokes from foot to hip. Apply Biofreeze Professional Gel to the localized area of tenderness\*.
23. Repeat leg sequence on the opposite side.
24. Turn client to supine position.
25. Move to the lower left side of the massage table and apply effleurage strokes on the anterior leg from foot to knee.
26. Apply compression to the left anterior leg from knee to ankle. Repeat 3 times.
27. Use broadening strokes to the left anterior leg from knee to ankle. Repeat 3 times.
28. Apply stripping strokes along the left tibia. Repeat 3 times.
29. Apply compression to the anterior left thigh from the hip to the knee. Repeat 3 times.
30. Use broadening strokes to the left anterior thigh from the hip to the knee 3 times. Reversing direction, apply effleurage strokes to the left anterior thigh from the knee to the hip.
31. Perform petrissage strokes to the left anterior thigh from hip to knee. Repeat 3 times.
32. Finish the leg with effleurage strokes from the ankle to the hip. Apply Biofreeze Professional Gel to the localized area of tenderness\*.
33. Carefully apply range of motion for ankles, knees and hips.
34. Repeat leg sequence on the opposite side.
35. Move to the middle of the massage table, apply effleurage strokes to the forearm from the wrist to the elbow.
36. Use compression to the forearm from the wrist to the elbow. Repeat 3 times.
37. Apply stripping strokes from the elbow to the shoulder. Repeat 3 times.
38. Effleurage arm from the wrist to the shoulder.
39. Flex elbow to 90° and abduct shoulder to 90°. Apply compression from the chest to the elbow. Repeat 3 times.
40. Apply range of motion stretches to the shoulder.
41. Repeat this arm sequence on the opposite arm.
42. Move to the head of the table. Slide hands underneath client to mid thoracic area and effleurage from mid thoracic to occipital ridge. Repeat 3 times.
43. Use stripping strokes along para-spinal muscles from occipital ridge down to base of neck on both sides of neck. Repeat 3 times.
44. Apply direct pressure along para-spinal muscles of the neck from base to occipital bone. Repeat on both sides. Repeat 3 times.
45. Apply range of motion stretches to the neck. Apply Biofreeze Professional Gel to the localized area of tenderness\*.
46. Give client Biofreeze Professional Gel tube to take home.

**Take Home:** Home care products can be included in the price of the treatment. We recommend giving Biofreeze Professional Gel to your client at the end of the treatment.

**Contraindications:** *General contraindications that apply to general massage including contusions, open wounds and skin infections.*  
*\*Use Biofreeze Professional as indicated. Before applying Biofreeze Professional, be sure to wipe area clean of all massage lubricants.*