



## Bamboo-fusion® Facial Massage

Bamboo-fusion full body massage was created in 2004 by founder Nathalie Cecilia, originally from Nimes, south France. She created unique bamboo tools which are warmed to deliver a luxurious deep tissue treatment that clients adore. This treatment also has a perfect ending called Bamboo-Visage which is basically Bamboo-fusion on the face!

Bamboo-Visage (visage meaning “face” in French) is a French facial massage using a delicate bamboo tool set created for their function, control and smooth glide on the face. This treatment combines the use of a beautiful facial therapy cream to make the clients skin soft and supple with an amazing sensation of relaxation.

### **Products used:**

- Bon Vital “Facial Therapy Cream”
- Bamboo-fusion® facial version bamboo stick set (8 pieces).
- Heating Pad (optional)

This treatment was developed to help massage therapist master the art of Bamboo-Visage facial massage technique. This treatment is used by massage therapists as a perfect ending to a full body bamboo massage or can be offered as a stand-alone facial massage treatment. This routine brings diversity to your spa menu and can also be incorporated into a facial protocol used by skin care professionals such as estheticians.

**Why bamboo facial massage....**With today's active lifestyles and changing environment, our bodies are challenged by stress, and our face serves as a billboard for our health and well-being.

Other people see the skin on our face every day. Maintaining our skin's maximum health not only contributes to its longevity, but improves our general appearance. Regular Bamboo-Visage will accomplish this well needed maintenance.

### **Contraindications for facial massage:**

Bamboo-Visage was designed for use on normal skin conditions and is contraindicated with common disorders of the skin such as, but not limited to; Dermatitis, Pruritus, Psoriasis, Lupus, Skin Cancer, Eczema, Acne, Herpes and sunburn. Massage on the face should also be avoided after any esthetic surgery because of existing hematoma, edema or sensitivity.

**Treatment Format:** The delicate bamboo tools can be used at room temperature, chilled in the freezer if cold therapy is desired or slightly warmed (If warming the tools, the heating pad should be set at the lowest setting and should not be more than 105 degrees).

**Treatment Time:** The length of the treatment is approximately 30 minutes if each stroke is performed slowly three (3) times. You can easily adjust the length of the treatment time by increasing or decreasing the number of repetitions for each stroke.

## Bamboo-fusion® on the Face - ROUTINE

(also referred to as Bamboo-Visage)

The therapist should be in the seated position at the face cradle since this treatment is limited to the face, neck and chest area. The client is in the supine position properly draped with a bolster under the upper legs/knees. With your hands, gently brush hair away from clients' face and secure with a head band or towel so facial area is not obstructed. Gently apply Facial Therapy Massage Cream to the face, chest and neck area using your hands and fingertips.

All strokes should be gently applied using a rhythmical motion.

The facial bamboo set contains 4 different styles of pieces (2 each) so there are 8 pieces total in a set and are described / pictured below from Left to Right.

- ~ Energy Reeds (Long concave shaped pieces)
- ~ Healing Wheels (round shaped pieces with hole in center)
- ~ Wellness Triangles (Triangle shaped pieces)
- ~ Magic Wands (Smooth round dowel shaped pieces)



### CHEST AND NECK

- ~ Two Wellness Triangles

Using Effleurage Strokes, start by the back of ears down the neck, over shoulder and across chest and up to the neck. (Repeat 3 times).

### CHIN AND JAW AREA

- ~ Two Magic Wands

Using a light gliding motion, work the chin area along the jaw line to the earlobes (3x), then work the corners of mouth to middle of the ears. (3x)

~ Two Wellness Triangles

Using a lifting motion at the chin, gently vibrate along the jaw line to the earlobes (3x), then perform small circles (clockwise) starting at the chin, along the jaw line to the earlobes. (3x)



~ Two Wellness Triangles

Using a lifting movement, lightly grab cheeks between edge of bamboo and finger tips. Move from mouth to middle of the ears (3x), then from the cheek to top of the ear. (3x)

~Two Healing Wheels and Two Magic Wands

Hold the bamboo with wands inserted in the holes of the wheels. Your index fingers will be gliding the wheels. Using a vibration type movement (up and down) move from the chin to the earlobes (3x), then from the corners of mouth to the ears. (3x)

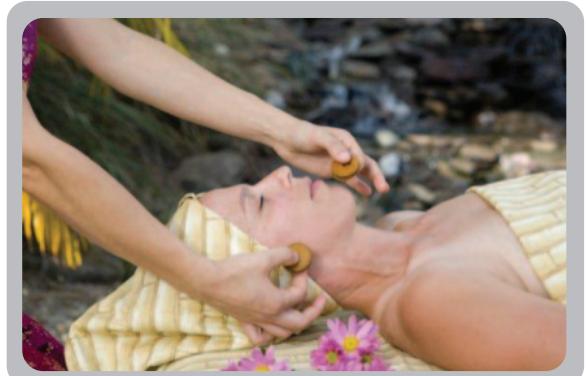
~ Two Wellness Triangles

Use small circles in a clockwise motion using the tip, starting at Chin to lower lip (gliding to) Corners of the mouth (gliding to) sides of the nose. Finish with a gliding stroke along cheek lines to top of the ears. (3x)

## CHEEK AND FOREHEAD AREA

~ Two Healing Wheels

Hold the bamboo wheel in the center hole with the tip of your thumb and index finger. Starting at the glabella (smooth area above nose and between eyebrows), use rolling or rotary movements down the nose, then start at the corners of the nose across the cheeks to the temples, sliding under the eyes on the way back to initial position. (3x)



~ Two Magic Wands

Perform small circles in a clockwise motion using the tip of the wand. Address each side of the nose and then moving up along the bridge, and then up to the center of the forehead, continuing circles following linear movements over the forehead area.

((Starting left side for female and right side for male) Massage three positions: Center forehead/mid-eye/ corner-eye (one side following by the other one) (3x)

Return to the corners of the nose, still with small circles moving up to center of the forehead: Between eyebrows, moving horizontally following 3 forehead energy lines (Above Eyebrows, Middle Forehead, Scalp Line and down to top of the ear. (3x)

~One Energy Reed

Holding the bamboo at the tips, perform a figure 8 movement around the eyes (3x) (Both directions)

~Two Magic Wands

Using your middle finger gently hold on pressure points at the top of the orbital areas. Use index fingers in a wave motion from above eyebrows to the top of the ears (3x)



~Two Wellness Triangles

Perform circular motion counter-clockwise around eyes to glabella.

One bamboo following by the other one, with a glide up on forehead (left and right side) with 3 vertical positions: Glabella, Middle of the eye, Temples.

Using wave movements from glabella to temples, following with both bamboo tools on each side of forehead, continuing with alternate sweeps across forehead (3x). Finishing center line with both bamboo.

~ Two Energy Reeds

Petrissage with a lifting motion starting at Chin/Jaw line/Side of cheeks, gliding up along the cheeks to temples, continuing petrissage lifting motion on forehead (3x). Finishing gliding along jaw lines, then following eyebrow lines and glide off face.

~Two Wellness Triangles

Use the side of the bamboo, make small circles counter clockwise, starting at middle forehead, then temples, sides of the nose and then corners of the mouth/chin.

Use the small end of bamboo to make circles clockwise on jaw line, moving up to forehead. (3x)

~One Healing Wheel

Holding the wheel with your thumb and index finger, massaging between your index and middle fingers with circular movement clockwise on the energy pressure points of the chin, corners of the mouth, corners of the eyes, and center forehead area. Repeat other side (3x)

~One Energy Reed

Use rounded edge, perform a sliding motion starting at the chin to forehead. Up/down. (3x)

~Two Magic Wands

With the bamboo placed between the palm of your hands and the clients face, roll the bamboo with short back and forth movements (up and down) starting on the jaw line to forehead. (3x)



Then hold the bamboo by the tips and finish with light tapotement on the entire face.

**NOTE:** Please visit the founders' website at [www.Bamboo-fusion.com](http://www.Bamboo-fusion.com) for additional information on bamboo products and/or training classes.

**By: Nathalie Cecilia,  
Bamboo-fusion® Founder**