



# Free Style - Back massage

HEALING HANDS  
by Kinga Jenei  
KINGA MASSAGE



Contact with the customer pressing deeper in the middle of the foot sole, for 10-15 seconds

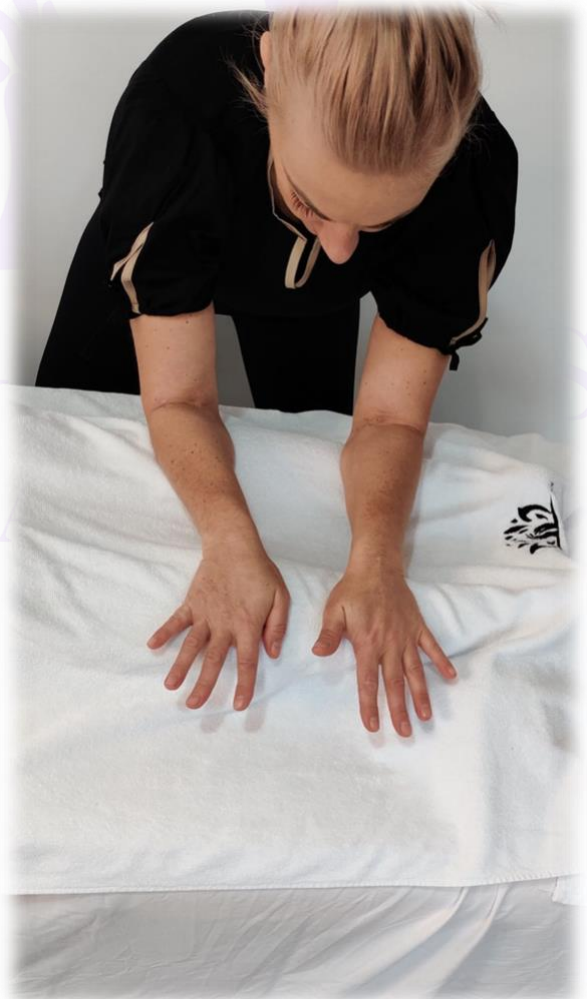
Step by step with the palm, deeper and slowly up to upper back to the arms and go back the same way





Both Forearms, one on the left Calf, second on the right, slowly up to upper back and go back with the arms in the same way

Both Forearms in parallel on the Calves, balance up to upper back, and go back in the same way





Stretching  
diagonal  
upper back  
and hip

Remove the towel  
from the client and put  
oil on the body





1. Palm pressure of the erector spinae and go back, ...

... take the arm between the hands and gently pulling the arms

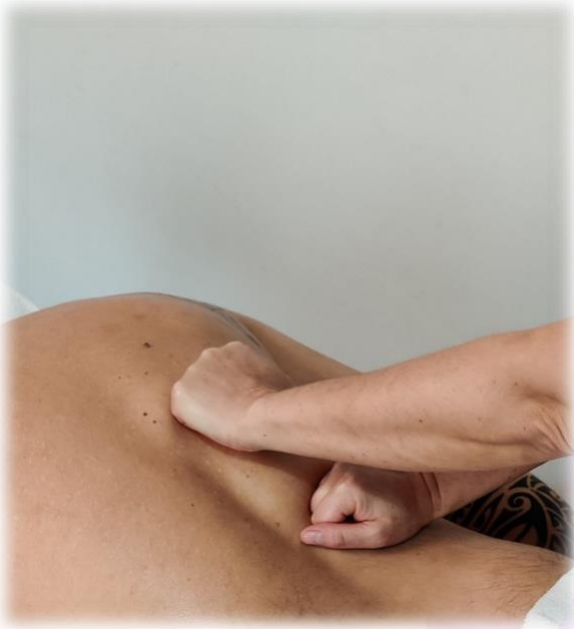




2. Hand by hand effleurage with the whole palm, go back, take the arm between the hands and gently pulling the arms

3. The left hand next to the Spine, the right hand above it, slow up to upper back and gently pulling the arms





4. Hand by hand  
Knuckle friction of  
Erector Spinae slowly  
deeper and go back  
pulling the arms

From 5 to 7: on the other side

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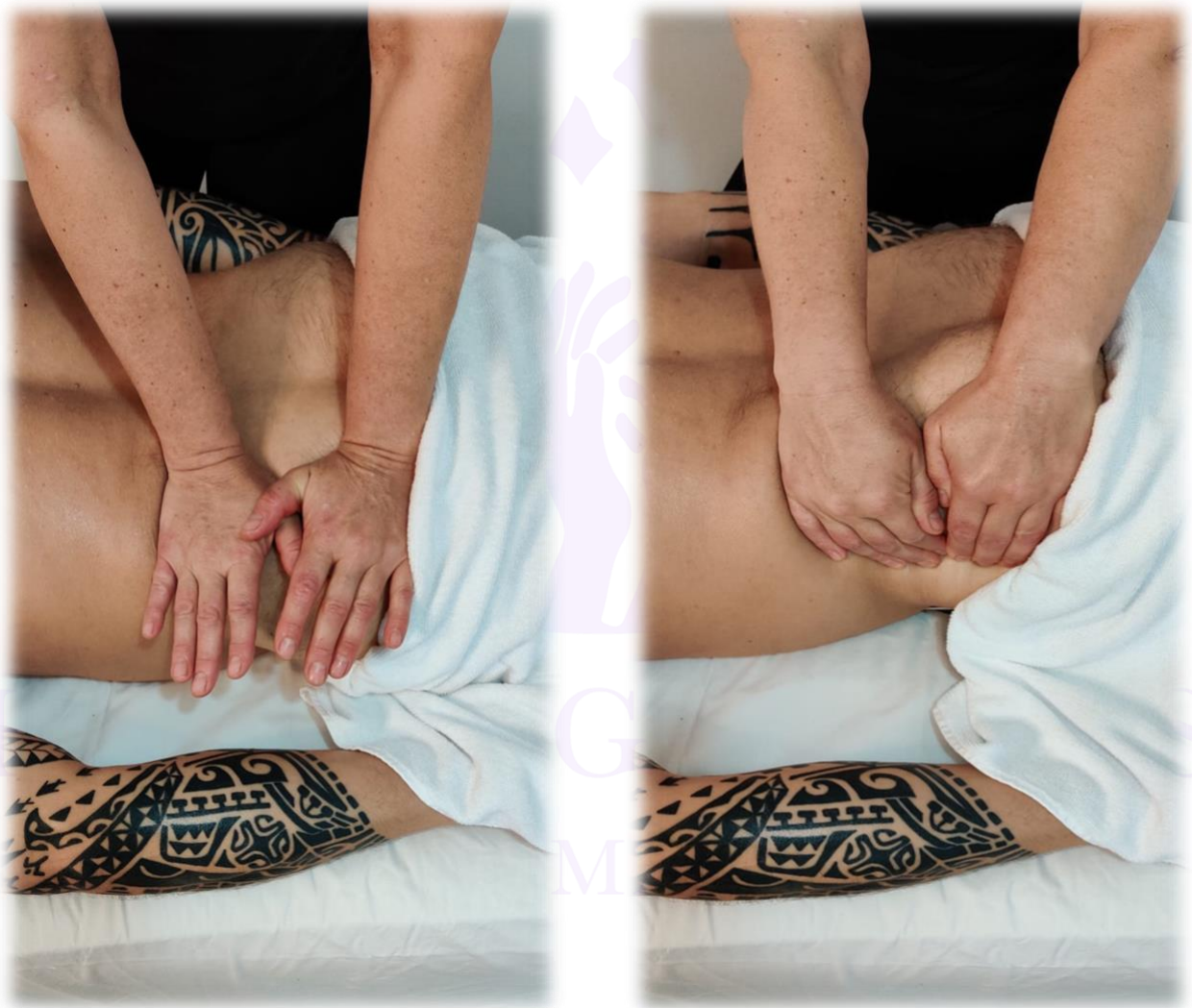


8. Thumb circles  
around and on Os  
Sacrum Rhythmical and  
Symmetrical 10x

9. Thumb gliding on  
Gluteus Medius  
(horizontal)



## 10. Pressing and pulling Gluteus Medius upper part of buttock 5x





## 11. Slide with both hands outwards starting with the Fingertips and Forearms





12. Petrissage with the hand and the Forearm  
up to the Shoulder and go back in the same  
way





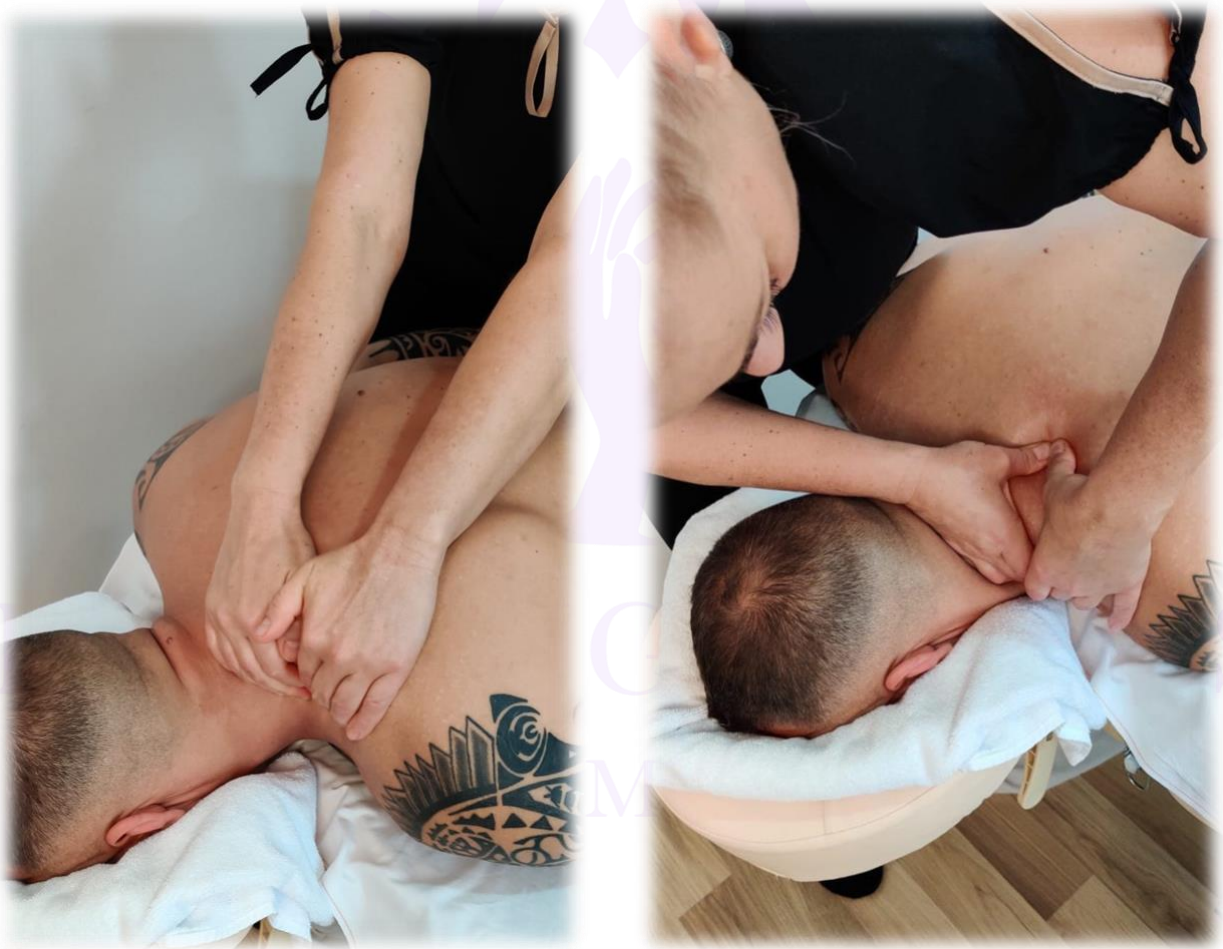
13. With both hands close together, slide outward until the Forearm, open the Forearms, and then bring them closer by lifting the skin

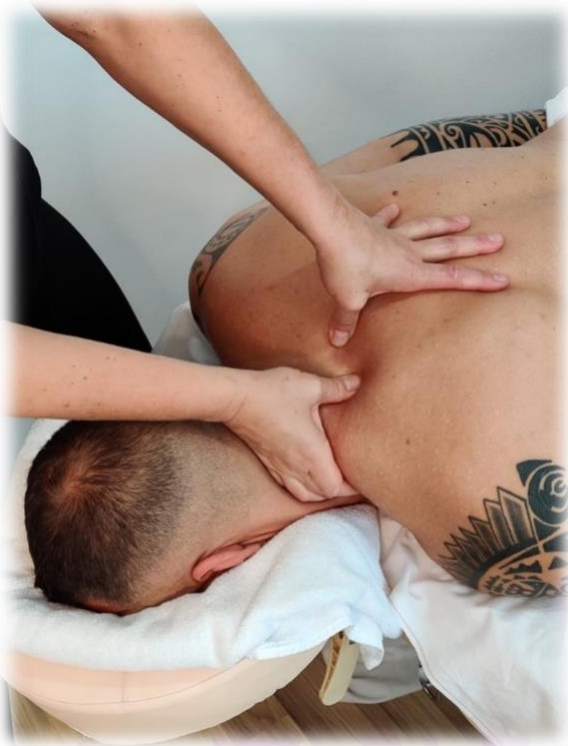


14. With the Fingertips, press and push the Erector Spinae out



## 15. Pressing and pulling Trapezius and petrissage

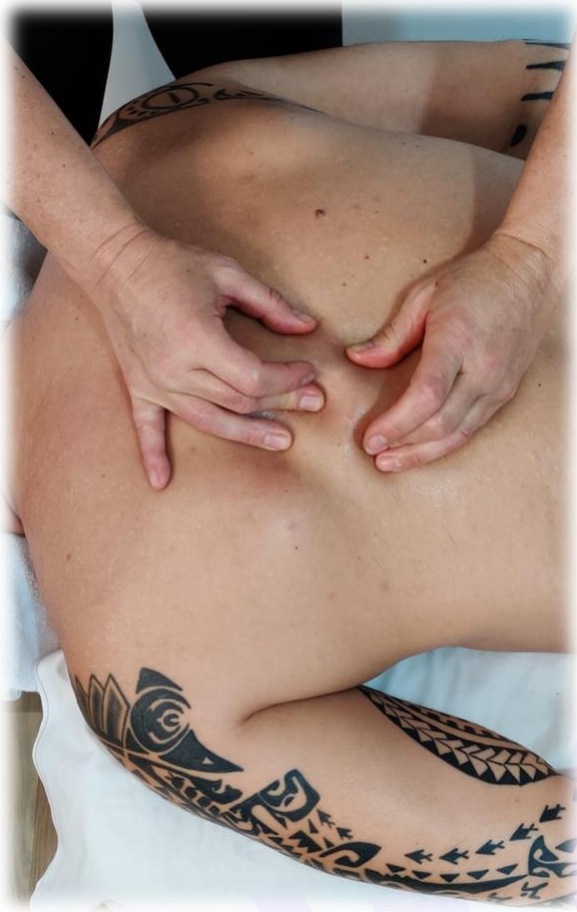




16. Thumb by Thumb  
simultaneous go down  
to the corner of  
Scapula

17. Stretch  
Rhomboides with  
Thumbs

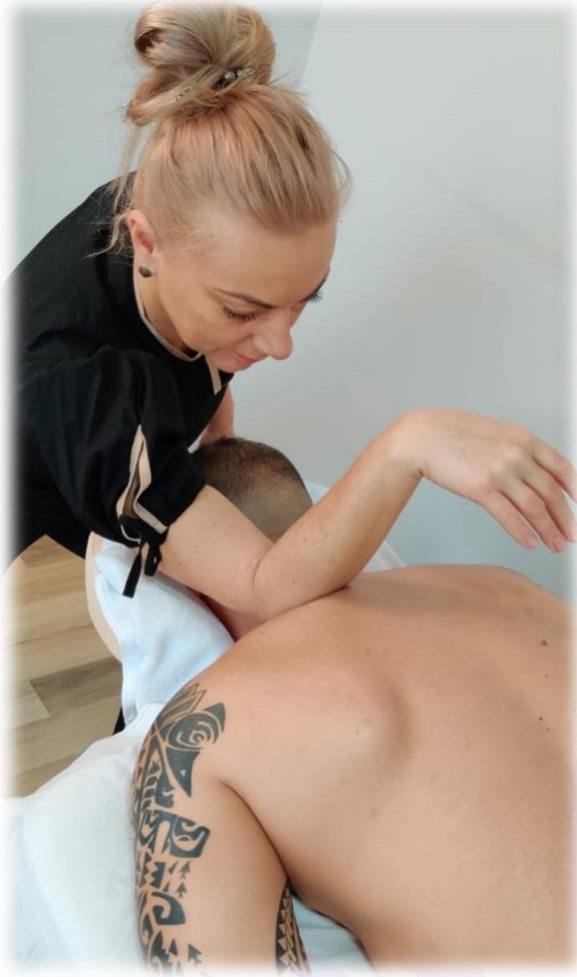




18. Catch with Fingers  
the Erector Spinae  
and go down in zig-  
zag movements

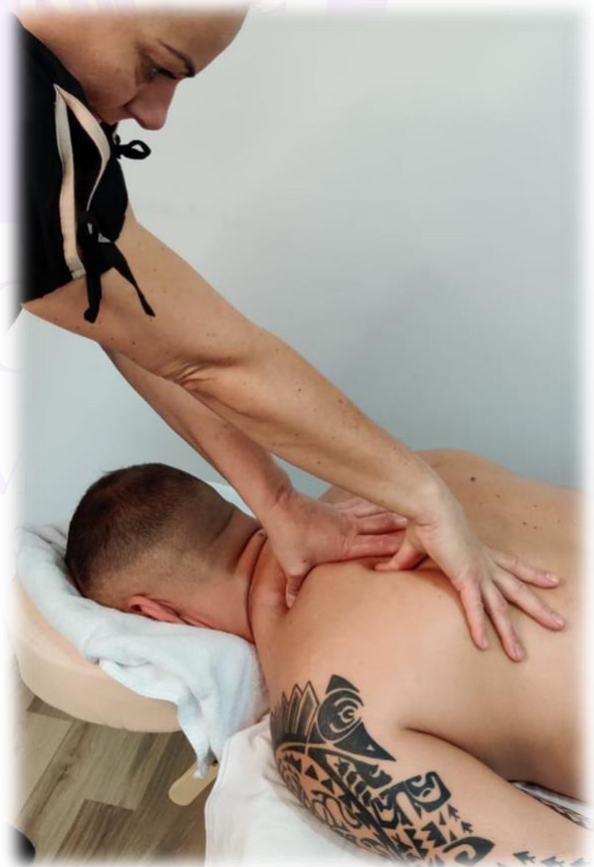
19. Elbow friction of  
Erector Spinae while  
other elbow is  
"Grounded" deeper  
slowly 2x





20. Change position at the client's head pushing Forearm on the Trapezius deeper slowly 10-15 seconds

21. Thumb friction below of Shoulder blade  
(Rhomboides, Trapezius, Levator Scapulae)

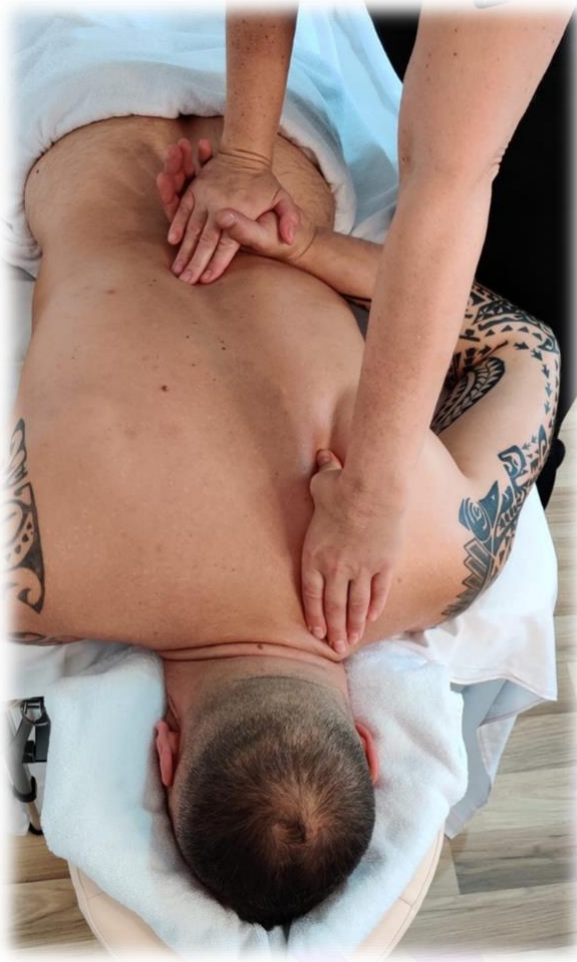




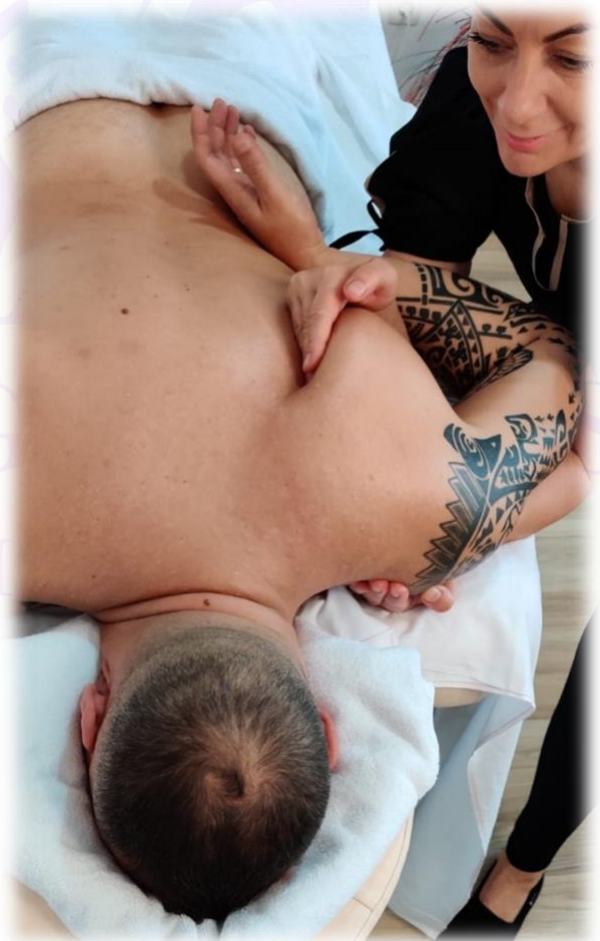
22. Shoulder joint traction

23. Pulling Biceps and stretching the Neck





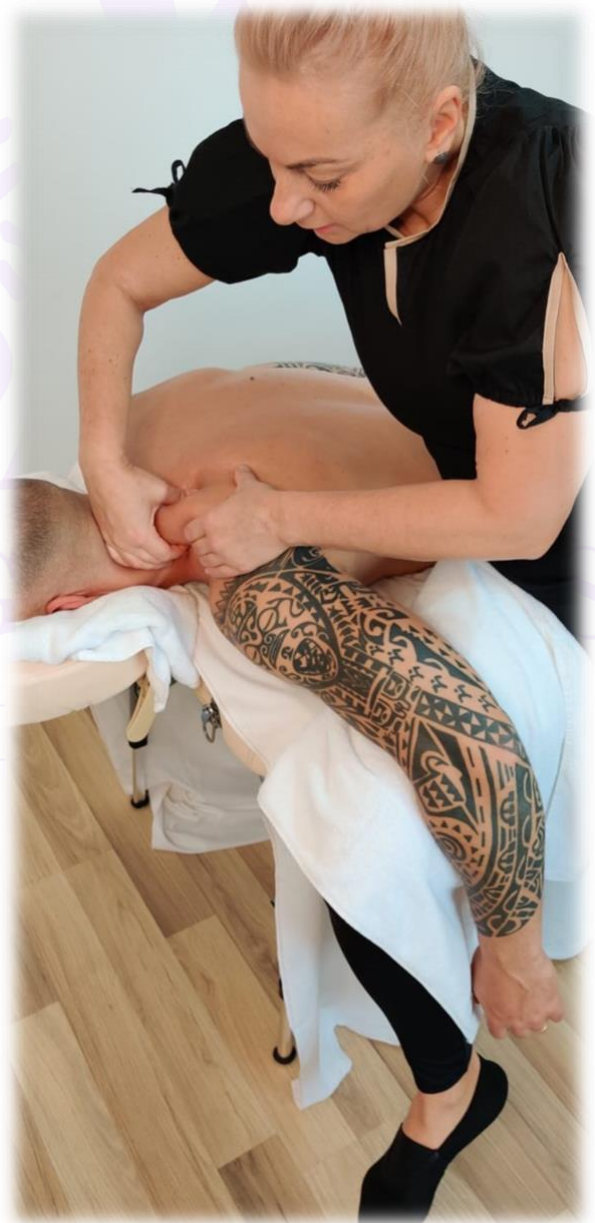
24. Friction below the Shoulder blade while arm is resting on the back (assisted by therapist)



25. Shoulder rotation while Hand is laying on lower back and stretching of Rhomboideus



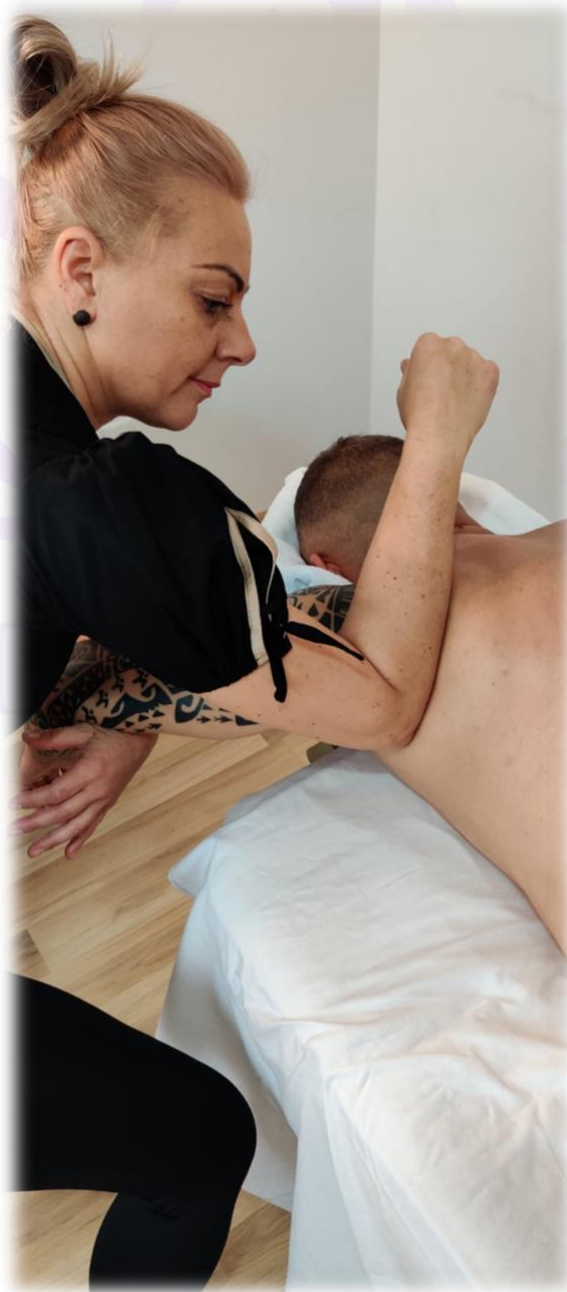
## 26. Elevate and stretch Deltoideus



## 27. Petrissage of Trapezius and arms while client's arm is resting on the therapist leg



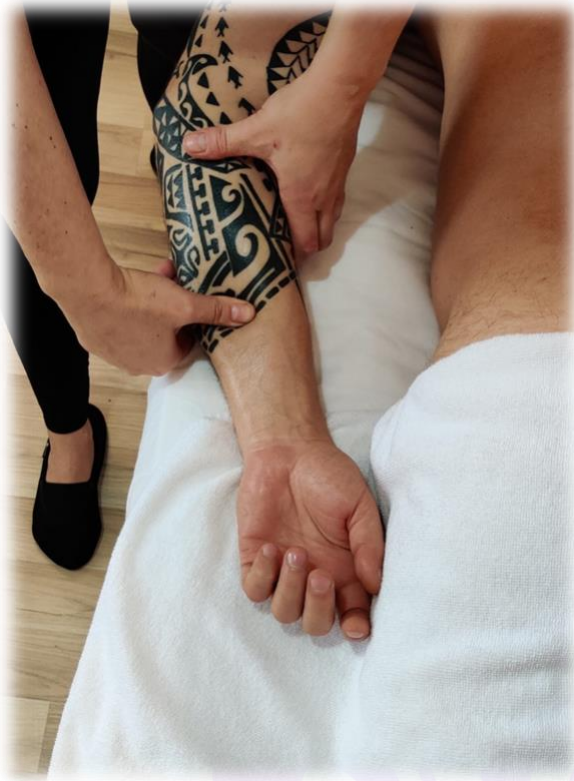
## 28. Lower arm massage of Teres Minor and Major and Triceps while abduction after Shoulder joint





## 29. Shoulder joint traction and rotation while client's Elbow is stretched





30. Thumb by Thumb  
on the client's  
Forearms slowly and  
deep

31. Forearm on  
forearms lift to wrist  
and with the other  
hand wrist extension





32. Palm massage

33. Thumbs go down  
on the Gluteus  
Medius and  
Maximus



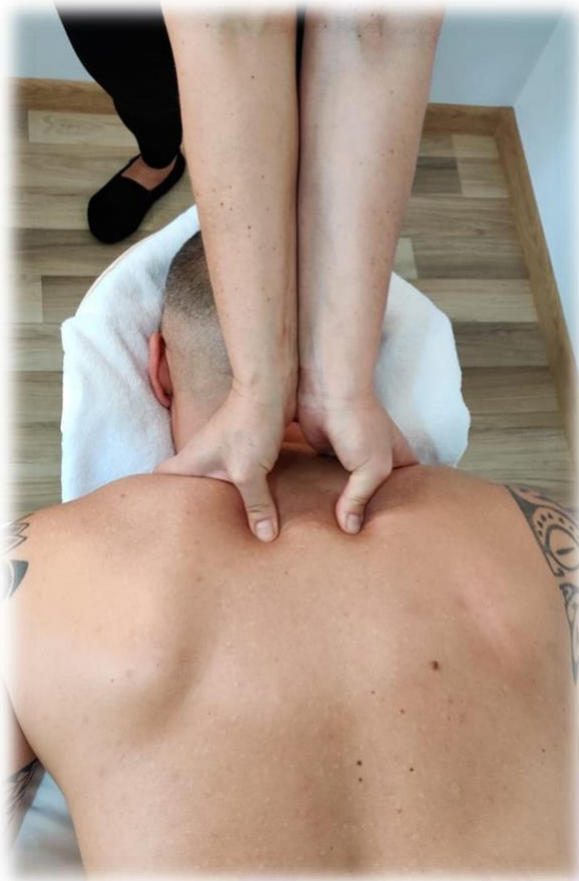


## Changed sides

From 34 to 58: now do the other side

59. Fingertips (no. 2 and 3) along the Spine from below to top of the Spine

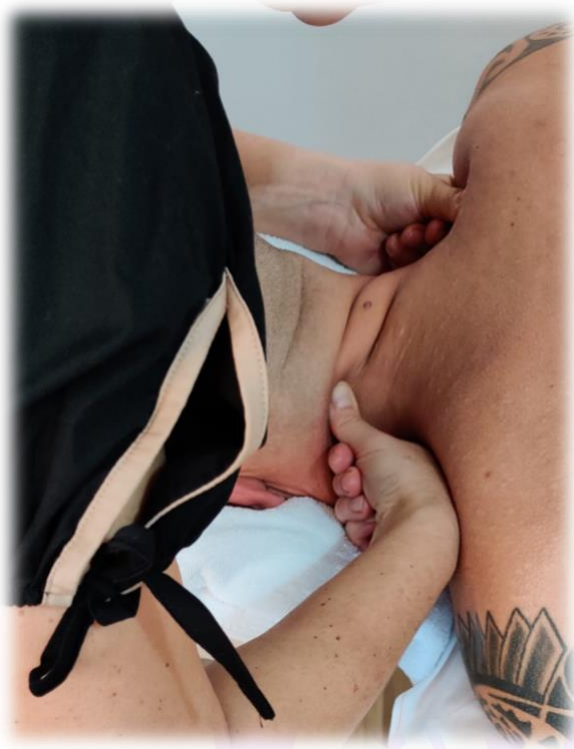




60. Change position at the customer's head. Both Thumbs on the Trapezius go down on the Erector Spinae and back the same way

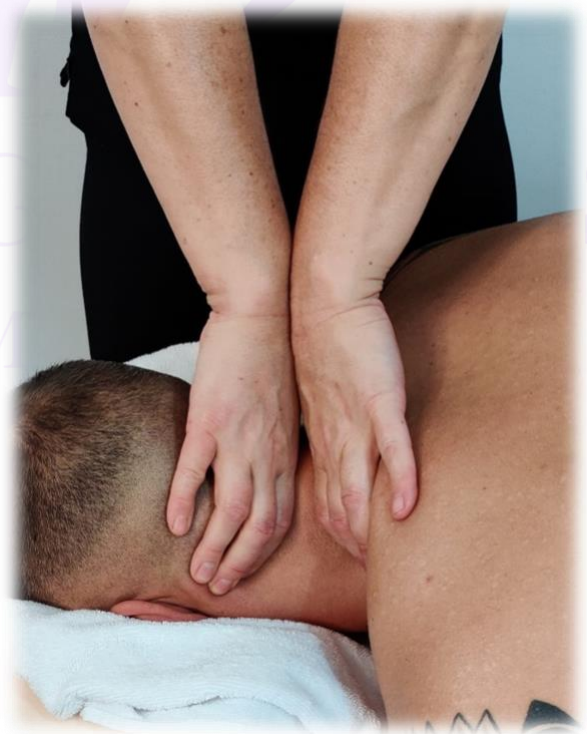
61. Push the Trapezius with Fingertips and petrissage (separate both side)





62. Single hand/side  
Knuckle friction

63. Stretching of the  
Neck muscles





64. Pressure on the Erector Spinae with palms until lower back, encircle (surround) and go back

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## 65. Easy tapotement with praying hands



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Turn the client on the back and put oil on again

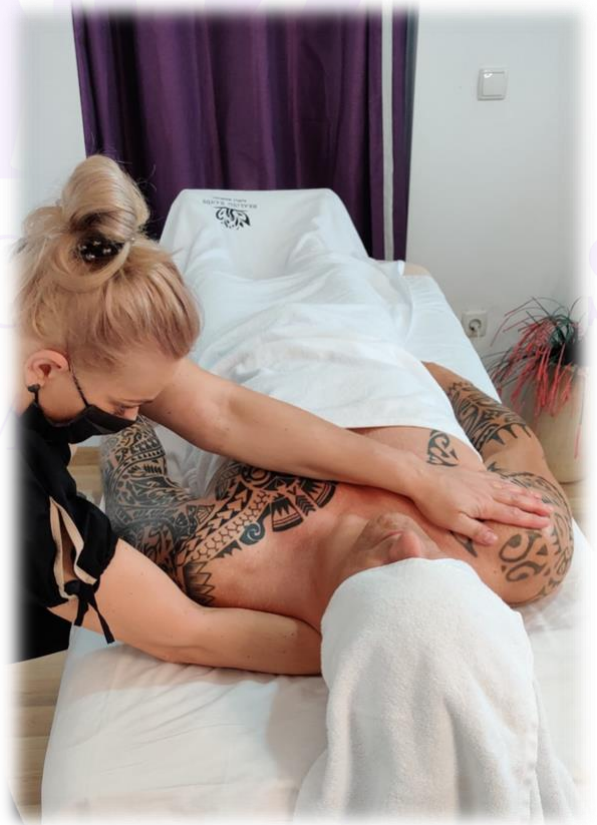
66. Hold the arm and push the Pectoralis up and down





67. Pressing  
Trapezius and release  
the muscle

68. Friction and  
stretching the  
Shoulder and  
Scapula together



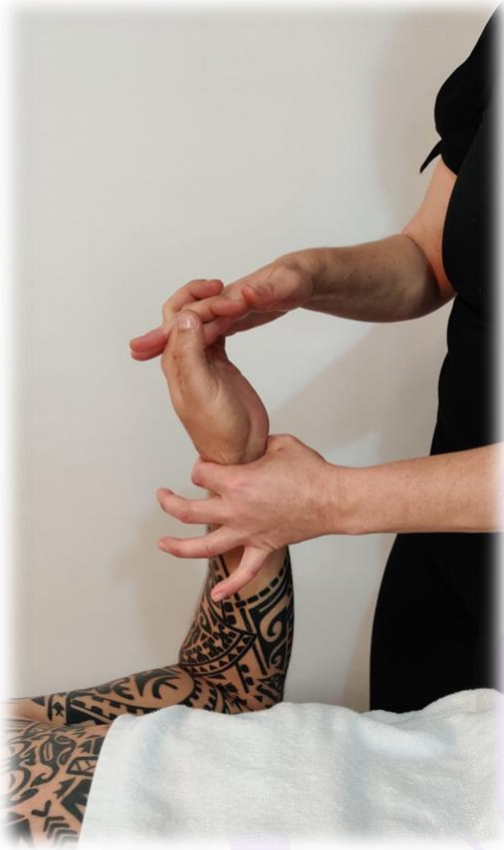


69. Friction of the arms

70. Petrissage of front of the Arm



## 71. Rotating, stretching and pulling the fingers





From 72 to 77: swap the arm



78. Elevate and pull the Back with the Fingers

79. Turn the Neck to one side; massage the neck muscles with one hand. Both sides





80. Friction of the Neck with Finger by Finger

81. Stretch the Neck with the towel





## 82. Support the client's Head and do Thumbs friction on the back of the Neck





## 83. Facial Freestyle

