



LES CLOS DE BEAUTE

FULL BODY MASSAGE
PROTOCOL

VINÈSIME

Full body massage training aid contents

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BOURGOGNE BEAUTE

Head office : Chemin de Saule - Brochon 21220 GEVREY CHAMBERTIN
Shipping and mailing adress :13 rue du Champ aux Prêtres ZAE CAPNORD 21850 SAINT APOLLINAIRE

www.vinesime.com



VINÉSIME

invites you to take a journey through the magnificent Burgundy terroir,
which is bursting with skin care treasures.

With a blend of sultry textures and deliciously vibrant and lustrous fruit aromas, our precious products create a one-of-a-kind experience.

Our products transport you to a Clos de Beauté and open the gates to a world of radiance.

The gentle fluid movements and light pressure applied by expert hands, along with arabesque fragrances, bathe your senses in the essence of Burgundy.

Breathe, feel, live...

Loyal to the spirit of tradition and art de vivre that has shaped the history of Burgundy over time, our VINÉSIME products are developed with extracts obtained from organically-farmed lands and natural ingredients, in an uncompromising quest for effectiveness combined with ultimate well-being.

Our range of spa cosmetics is made with the signature vintage «Racine du Temps,» a Pinot Noir from the Domain René Bouvier of the Gevrey Chambertin commune.



When our «Racines du Temps» Pinot Noir vintage extract is blended with the remarkable Burgundy blackcurrant extract, the result is a unique, synergistic and valuable complex: the A2OC* Burgundy Complex. Skin is enhanced, and its beauty and radiance shine through.

Taking a note from this grape variety, our products fuse fineness and boldness to immerse you in a world of softness and ecstasy. The deep ruby Pinot Noir, coupled with the dark Burgundy blackcurrant, captivates the senses in perfect harmony with the melodic waves and enchanting notes of Burgundy fragrances.

*Anti-Oxidant and Cellular Oxygenator

Clos de Beauté

Our VINÉSIME products symbolise the harmony between man and nature.

In the uncompromising quest for the highest quality and ultimate luxury, our products pay respect to their ingredients, in true Burgundy tradition.

Clos de Beauté: we take care to provide a pleasant experience for all involved.

Full body massage protocol



A unique treatment that lifts the body and mind, releases tension and ignites positive energy.

A multi-sensorial massage that aligns the body and delights the senses.

The massage is performed using Sensuelle Volupté Body massage oil.
Its gentle heat sensation provides a relaxing effect.

A concert of wonderfully enveloping fruity notes are unveiled in its wake.

This intense treatment is recommended for anyone needing to reconnect
with their body and mind.

Duration : 1h

Target client : The massage is suitable for both men and women.

The Vinésime full body massage protocol represents a uniquely French know-how and is inspired by the patience, respect and care put into tending the vineyards of Burgundy.

Materials: Vinésime candle, cherry pit pillows

Consumables: Disinfectant, cotton wipes

Products required: Sensuelle Volupté Body massage oil



Preparing the massage

Organise your cabin and prepare the massage table by laying down a heat pad and large towels. Set aside two small towels to cover up intimate areas.

Creating a unique experience

The Clos de Beauté massage begins with a Vinésime signature scent followed by a welcome and care ritual.

The unique scents of Promenade in Burgundy candles (Spring and Autumn) are plucked from nature, revealing the lavish bouquet of the Burgundy region.

After washing/disinfecting the feet, cover them with a heated Montmorency cherry pit pillow for that first step into a world of wellness and unique sensations.

The journey through Burgundy begins with the Vinésime fragrance, immersing you in the gentle and relaxing Clos de Beauté experience.

The Clos de Beauté massage protocol values respect and patience, just like responsible viticulture practices (no devices are used).

Light the Vinésime candle 15 minutes prior to the appointment. Heat up the cherry pit pillows as the client gets settled on the table.

Full body massage technique

Begin with breathing work to help the client let go, release tension and benefit fully from the sensory experience.

Relaxation is a gradual process. The hands and forearms pass over the entire body in fluid movements that are enveloping as well as penetrating.

Once the client is relaxed, continue with detoxifying and muscle-relaxation movements, such as smooth strokes, stretching, and deep kneading on carefully selected muscles.

The entire body should take part in this relaxation experience, including the scalp.



Massage benefits

It helps restore inner balance and reconnect with your body as a sensory network. Accordingly, massage helps to:

- improve tissue irrigation through a combination of movements that promote drainage of venous and lymphatic circulation. It helps to eliminate toxins, increase tissue oxygenation, and reduce the accumulation of metabolic waste.
- relieve muscle pain by reducing tension. It increases muscle flexibility and accelerates muscle recovery.
- maintain a balanced nervous system. By activating a number of nerve endings, we can achieve deep relaxation or even a total release of tension.
- improve body image, for a positive psychological effect.

Finishing touches

Gradually ease your client back to reality by gently restoring their energy.

Skin is enriched with the Sensuelle Volupté Body massage oil actives, which extend the sensory experience.

The enchanting Sensuelle Volupté Body massage oil fragrance embraces the body in wellness and indulgence.





Contraindications

There are some circumstances in which a massage should not be performed (contraindications) and others in which extra care is needed (precautions). When in doubt, seek medical advice.

The following list is non-exhaustive:

Contraindications:

- cancer
- fever, infectious disease
- serious heart condition
- severe circulatory disorders (phlebitis, thrombosis)
- fracture
- contagious skin infection
- person under the influence of drugs or alcohol
- high-risk pregnancy

Precautions:

- pregnancy
- varicose veins
- recent surgery
- recent wound or scar - diabetes

Additional advice

Be professional, down to the very last detail:

Observe the rules of proper hygiene by washing your hands. Remove any jewellery or watches that could interfere with your work. Dress comfortably to allow total freedom of movement.

Achieve results without tiring:

Maintain good posture to perform an effective and relaxing massage.

Use only the weight of your body for applying pressure to your movements, not your arm muscles. Spare your back by shifting your weight to your legs.

Warm up your hands and oil slightly.



Take advantage of the benefits of heat:

Use a heating pad to achieve even greater relaxation. Without added heat, the body may in fact cool down and tense up.

Remember to check the body's alignment and position on the massage table.

Stay focused yet attentive:

Although important, technique alone is not enough.

In addition to focusing on yourself (technique and personal concerns), be mindful of the client's expectations (through feel, body language).

Detach yourself from your emotions as much as possible.

Be caring and respectful.

Show empathy and kindness.

During the session, your client may experience an emotional response (crying, trembling). Your job here is to provide comfort.

Respect their privacy:

Your movements and contact must be precise at all times, and should leave no room for ambiguity. Any sensations of a sexual nature must be immediately avoided.

Provide the client with time alone in the cabin to undress and get settled on the table.

During the massage, always cover areas that are not being worked on.

Feel free to respond when conversation is initiated by the client, but avoid reengaging in conversation in order to promote total relaxation.

Gradually ease out of the massage:

At the end of the session, allow a moment for your client to regain their energy. As for yourself, wash your hands and forearms in cold water. This will give you an energy boost.

Full body massage chart contents

Anterior	Neckline	_____	page	10
Anterior	Arms	_____	page	11
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Anterior	Stomach	_____	page	18
Anterior	Back side of the leg	_____	page	20
Anterior	Dack	_____	page	26

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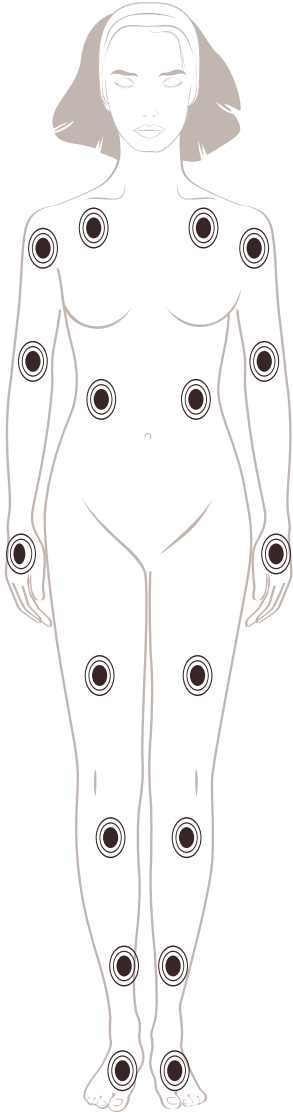
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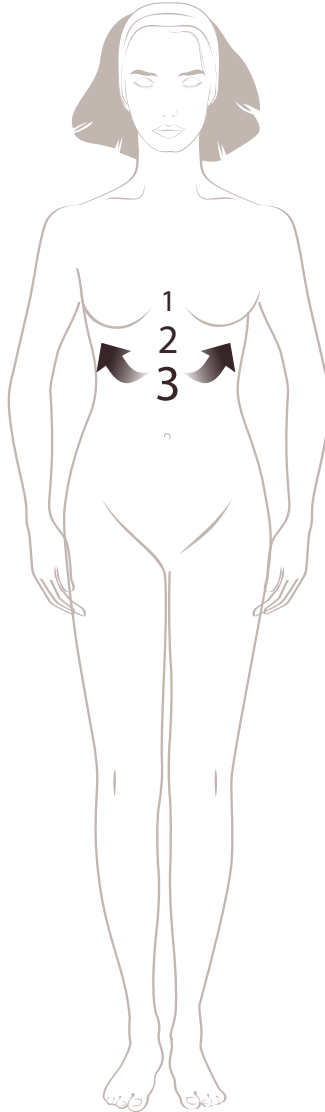
Vinésime full body massage protocol (Anterior)

Repeat each movement 3 times

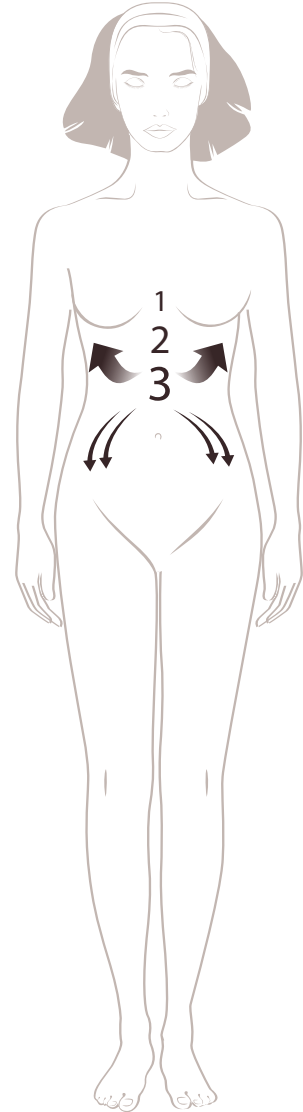
Abdomen



Palm presses from the feet to the shoulders



3 breaths, with hands placed on the towel



3 breaths, with effleurag of the diaphragm

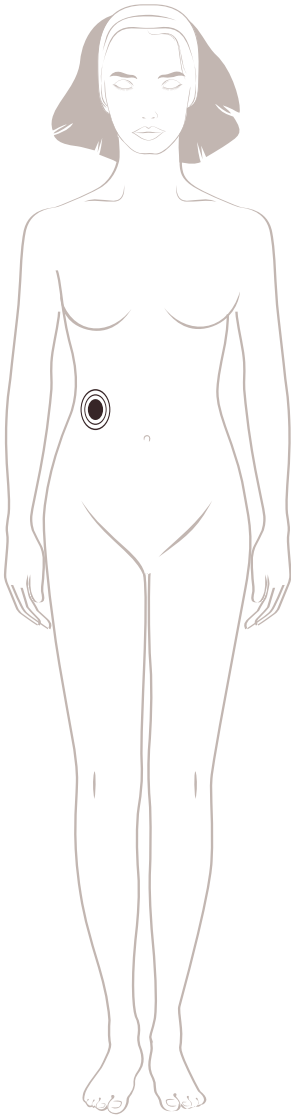
VINÉSIME

Vinésime full body massage protocol (Anterior)

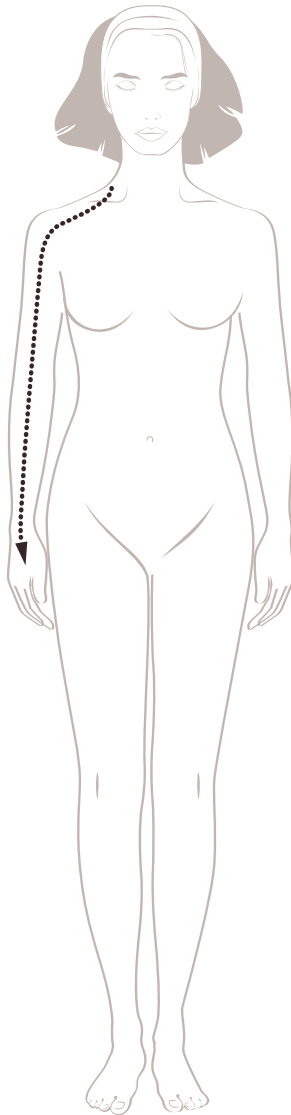
p2

Repeat each movement 3

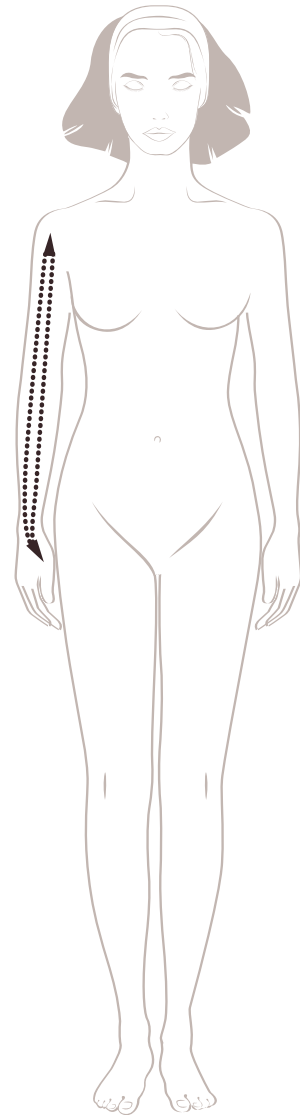
Abdomen / Arms



Pressure on the liver, with the Thenar eminence and placement of the cherry pit pillow (cover)



Apply the oil to the arms and position yourself facing the hands

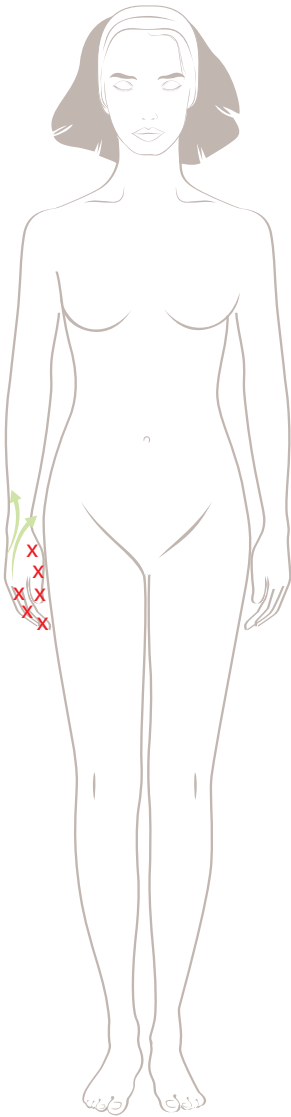


Effleurage of the arm in pinching motion (thumb + index finger)

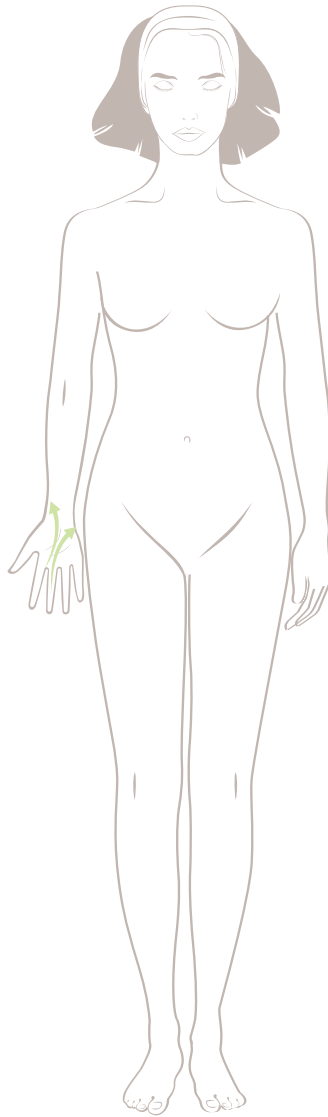
Vinésime full body massage protocol (Anterior)

Repeat each movement 3 times

Arms



- Fulling of the hand with the Thenar eminence
- Fulling of the fingers

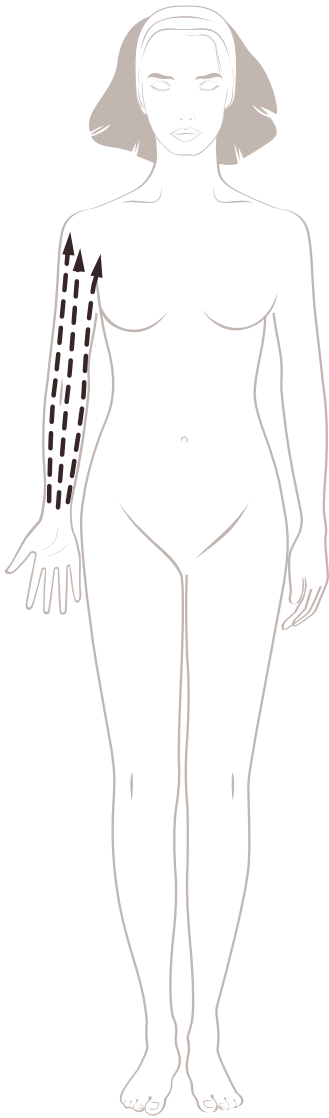


- (Turn over the hand)
- + Fulling of the palm with the thumbs

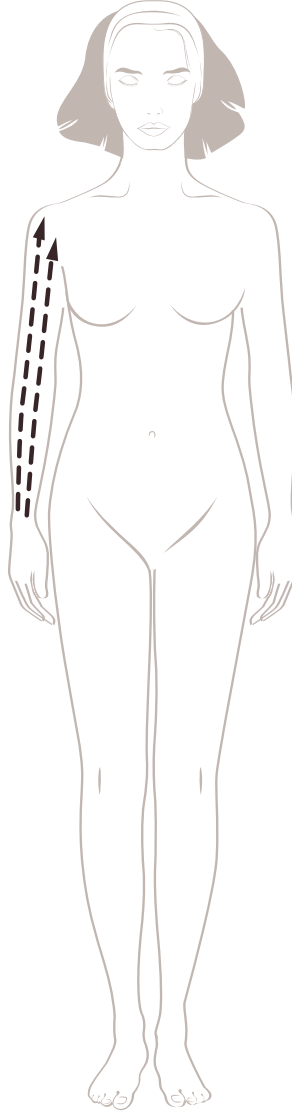
Vinésime full body massage protocol (Anterior)

Repeat each movement 3 times

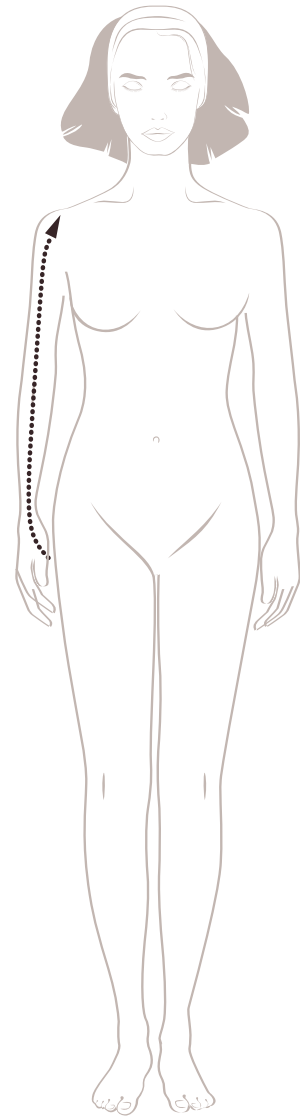
Arms



Work in 3 lines, alternating the thumbs along the inner arm (from the wrist to the shoulder)



(Turn the arm back over)
Repeat the thumb movement



Effleurage of the arm

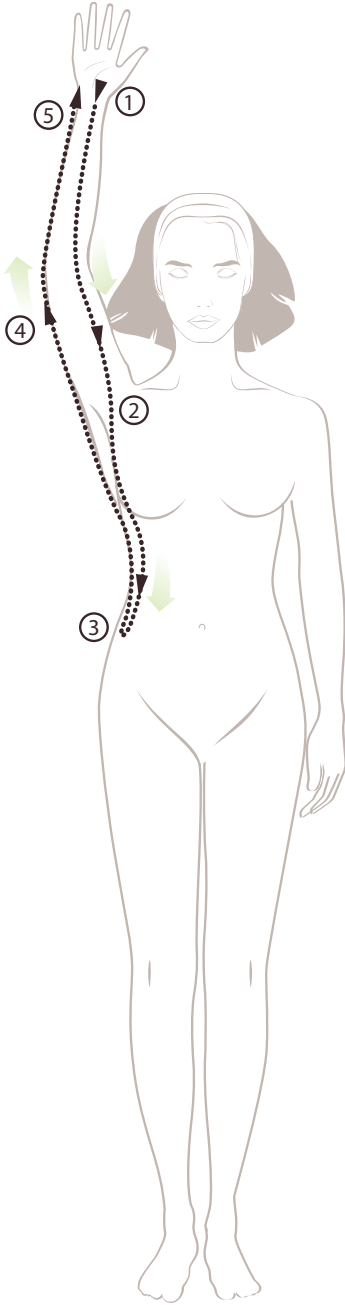
VINÉSIME

Vinésime full body massage protocol (Anterior)

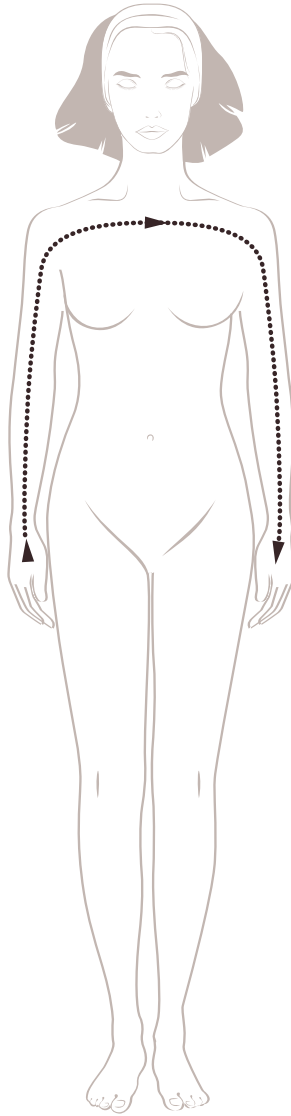
p5

Repeat each movement 3 times

Arms



Stretch out the entire arm

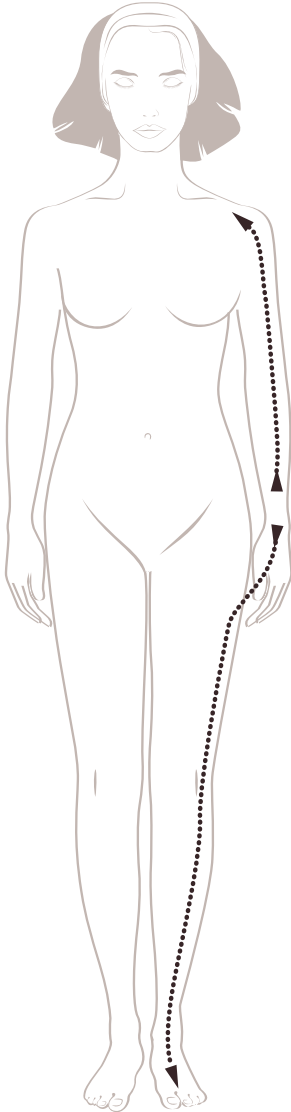


Return the arm + linking
Repeat the same movements
on the other arm

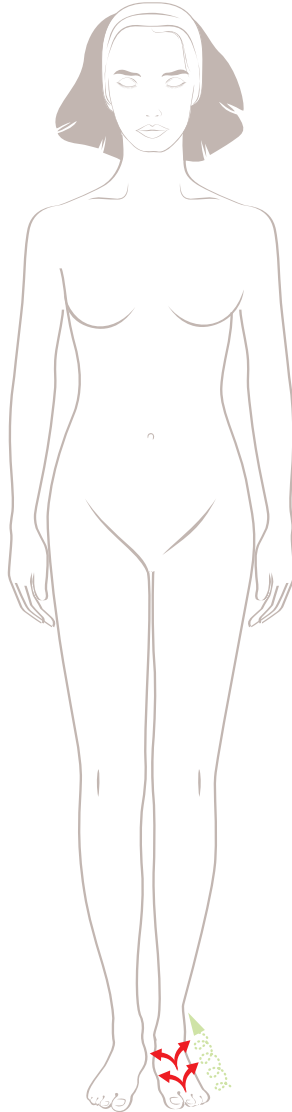
Vinésime full body massage protocol (Anterior)

Repeat each movement 3 times

Forelegs



Linking the arm,
leg and foot
(Remove)



- Filling of the arch with the Thenar eminence
- Work the foot arch using the thumbs

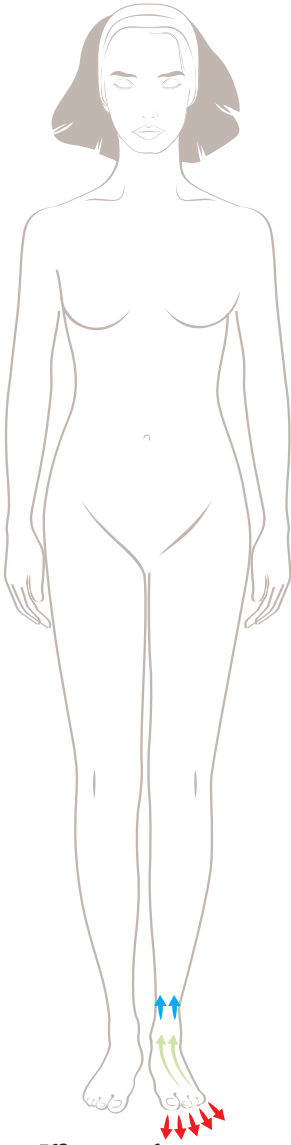
VINÉSIME

Vinésime full body massage protocol (Anterior)

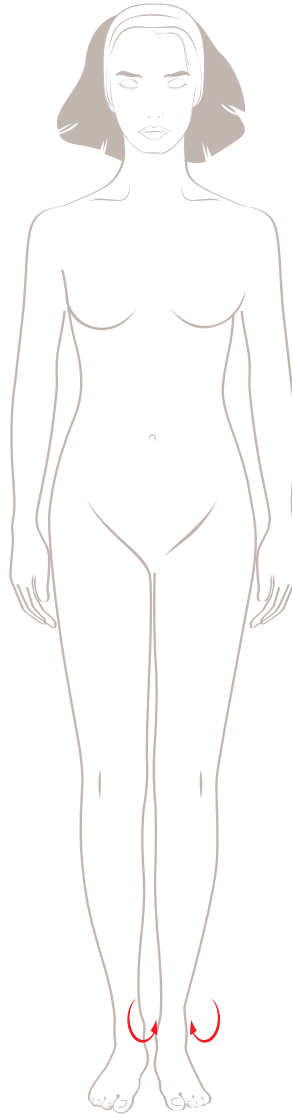
p7

Repeat each movement 3 times

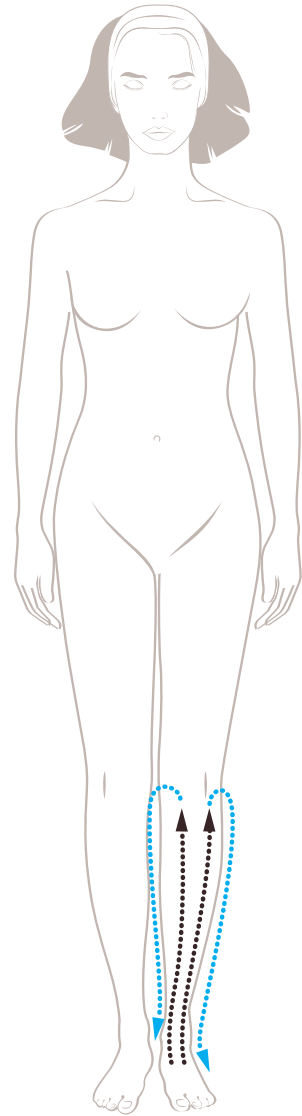
Forelegs



- Effleurage of the intermetatarsal region
- Stretching of the toes
- Effleurage of the ankle



- Malleoli
- Effleurage of the entire leg to apply oil

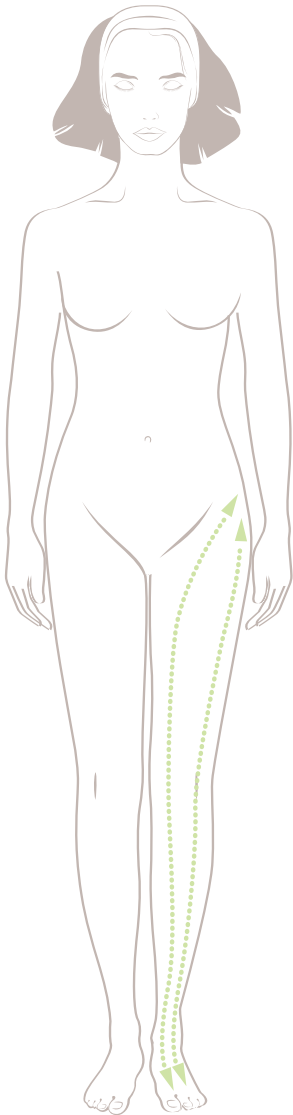


- Linking the lower leg to support the calf (Alternating)
- Strokes along the calf

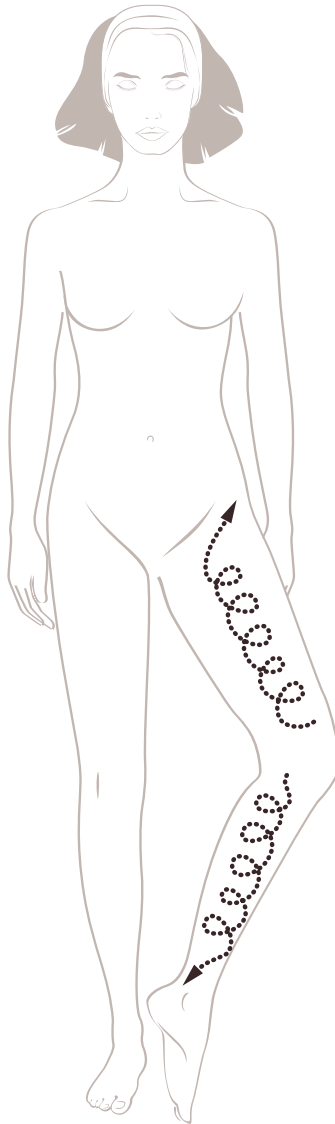
Vinésime full body massage protocol (Anterior)

Repeat each movement 3 times

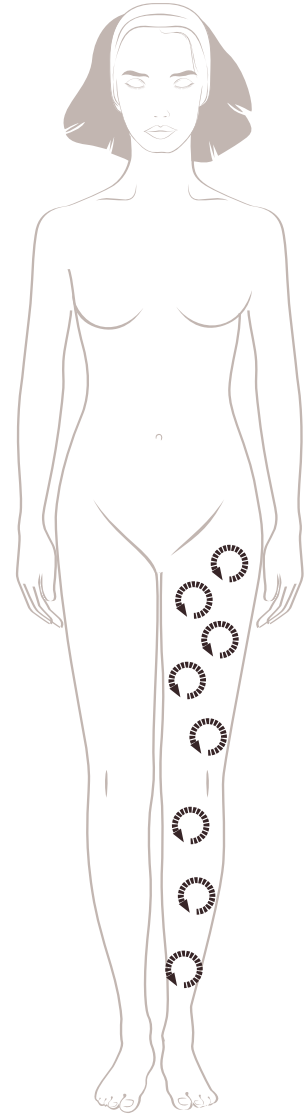
Forelegs



● Linking (effleurage of the entire leg)



Place the leg in half-lotus position (supporting the knee)
Move forearms in a circular motion along the inner thigh and leg

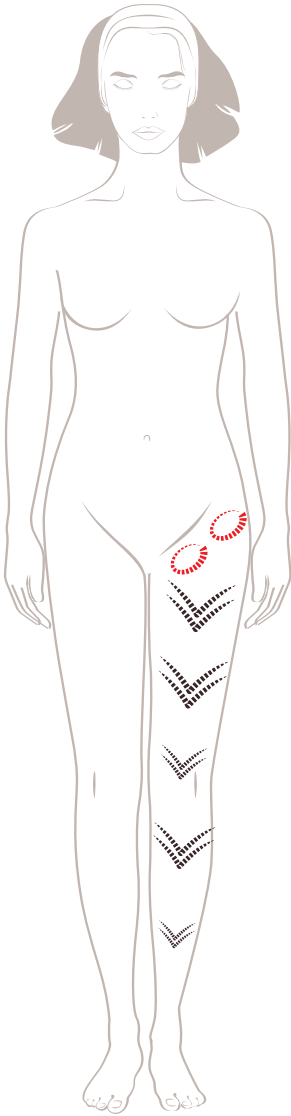


Petrissage of the thigh, using the forearms

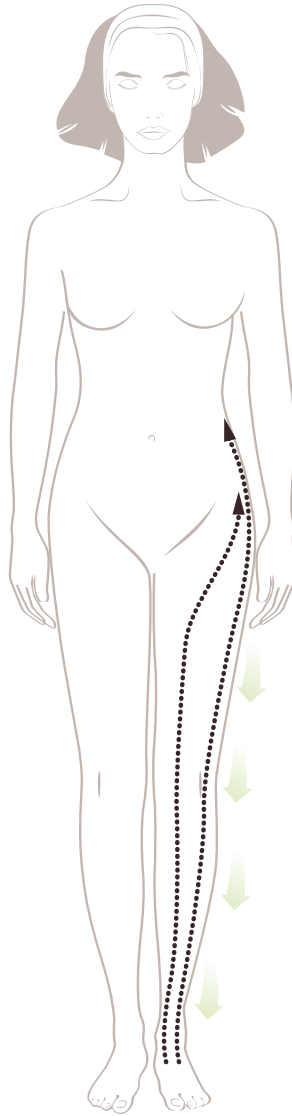
Vinésime full body massage protocol (Anterior)

Repeat each movement 3 times

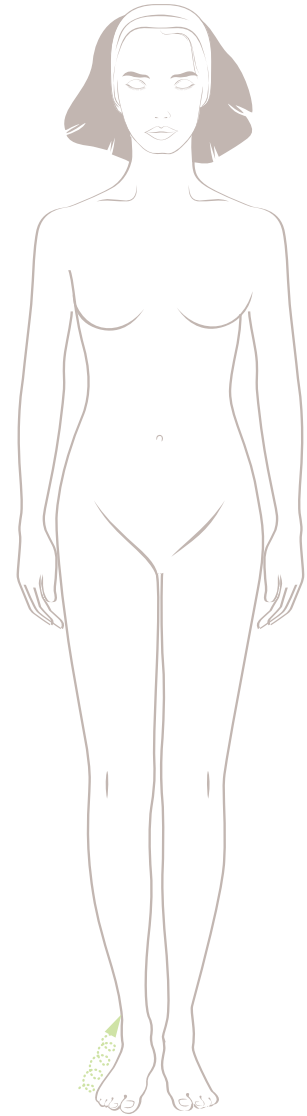
Forelegs



- Drainage (wave movements) from the inner leg to the front of the leg / then to the outer leg
- Pumping of the inguinal lymph nodes



- Final effleurage of the entire leg
- + stretching

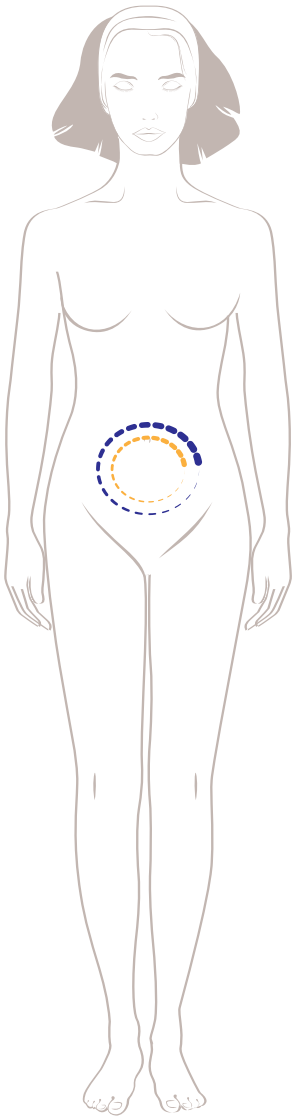


- Repeat the movements for the other leg, starting with the effleurage of the foot. USING the forearms

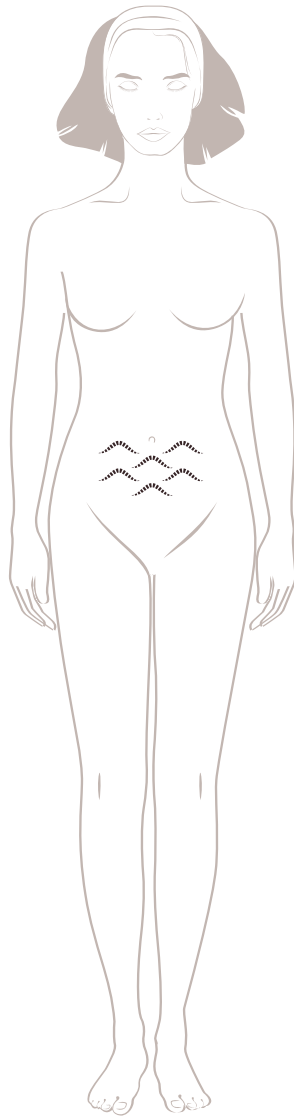
Vinésime full body massage protocol (Anterior)

Repeat each movement 3 times

Stomach



Circular movements
on the stomach
(Sun & Moon)

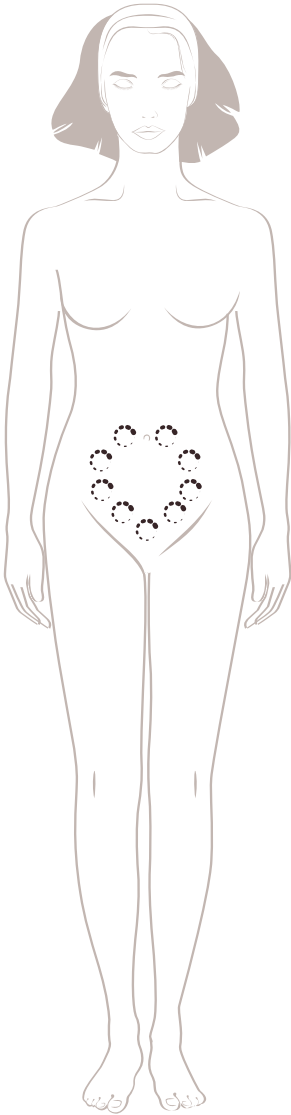


Small wave movement

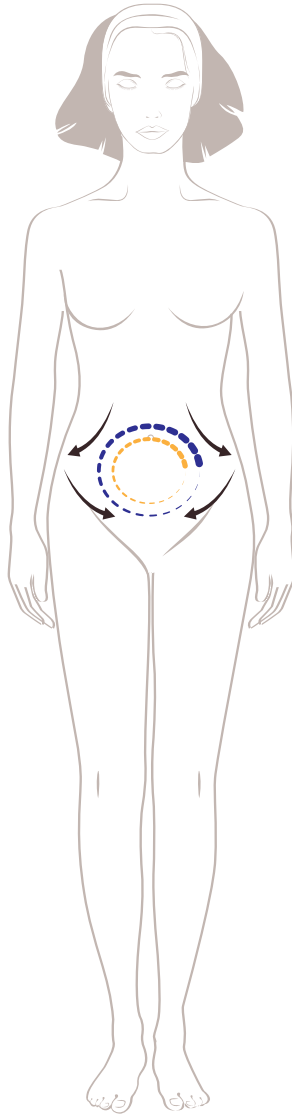
Vinésime full body massage protocol (Anterior)

Repeat each movement 3 times

Stomach



Circular movements
with the Thenar eminence
or the thumbs



● Effleurage of the diaphragm
+ stretching of the waist towards the iliac muscles
Finish with circular movements
● ● Sun & Moon

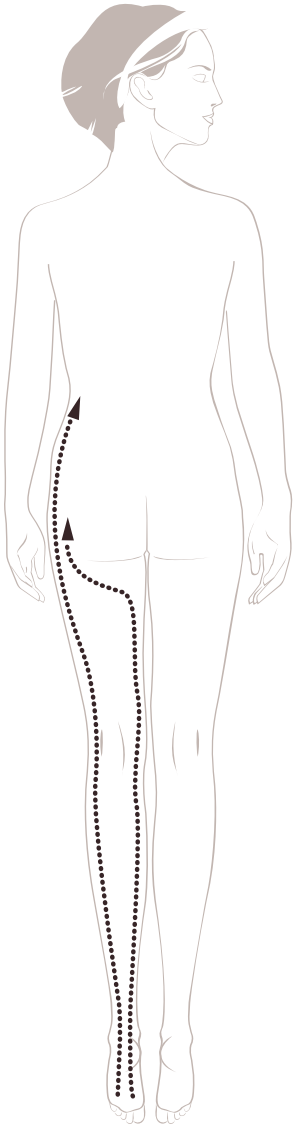
Arrange the towel in the center of the body between the knees and on the back half, using 2 hot oshiboris go up from the feet on the whole surface of the body to remove the excess massage balm, cover the person , perform cat paws on the entire body from the back to the feet

Invite the person to turn around.

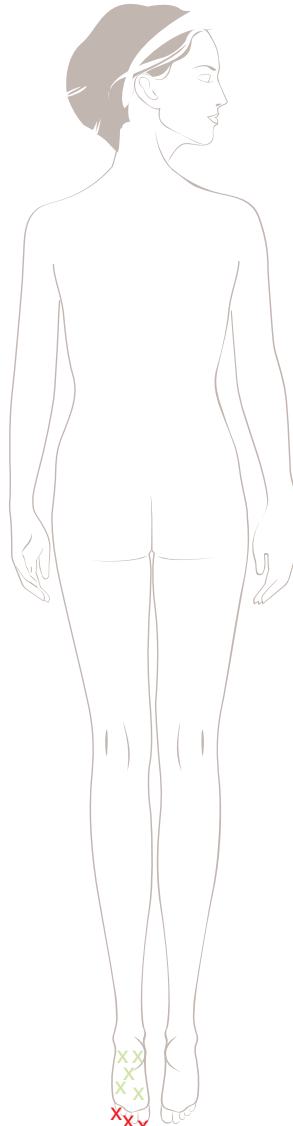
Vinésime full body massage protocol (Posterior)

Repeat each movement 3 times

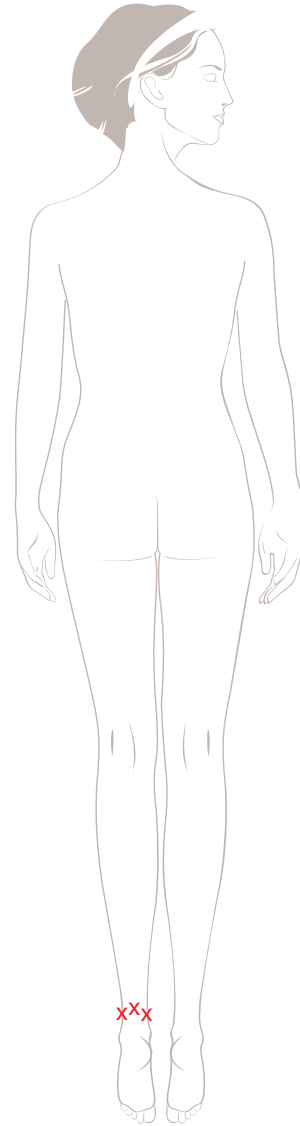
Back of the leg



Apply the oil



- Work the foot arch using the thumbs
- Effleurage of the toes, using the thumbs

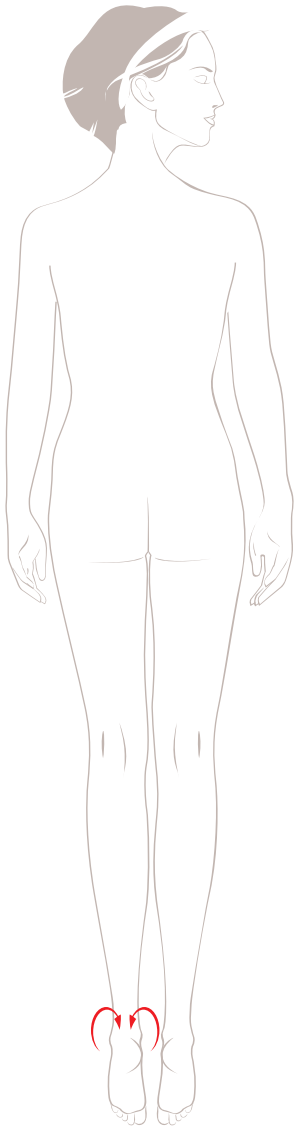


Work the ankle, using thumbs

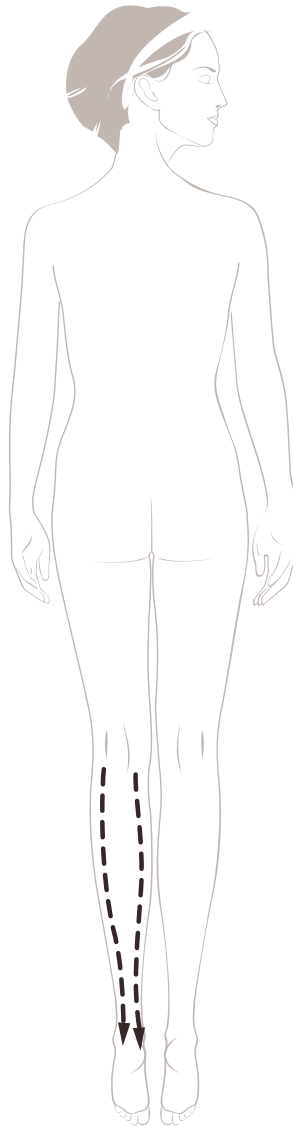
Vinésime full body massage protocol (Posterior)

Repeat each movement 3 times

Back of the leg



Malleolus

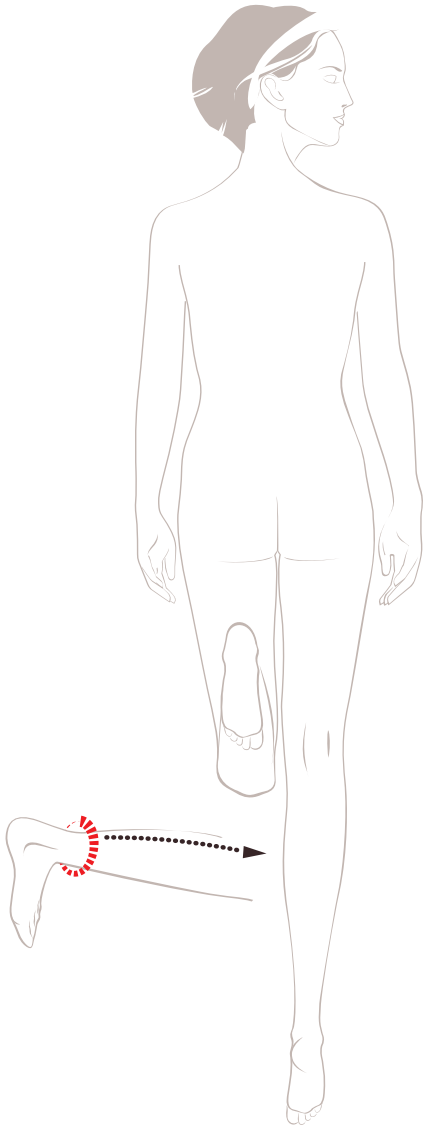


(Lifting the leg)
Alternating strokes along
the front of the leg

Vinésime full body massage protocol (Posterior)

Repeat each movement 3 times

Back of the leg

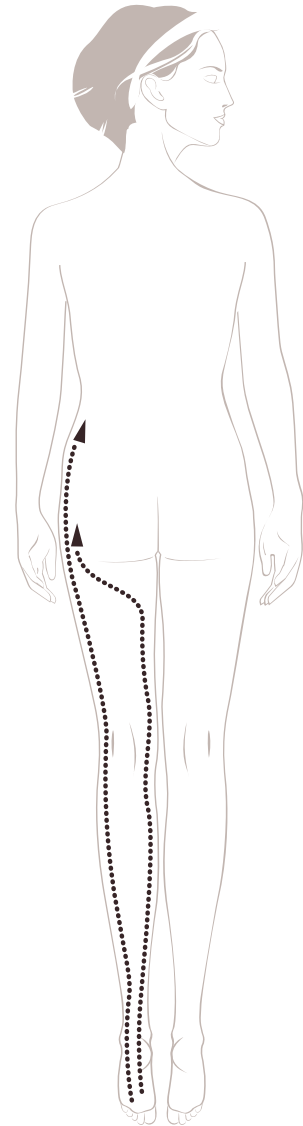


(Bend the knee and rest the lower leg on your shoulder)

Form a ring around the ankle (thumb + index finger) to separate the gemelli muscles



Compression of the calf. Using the forearms

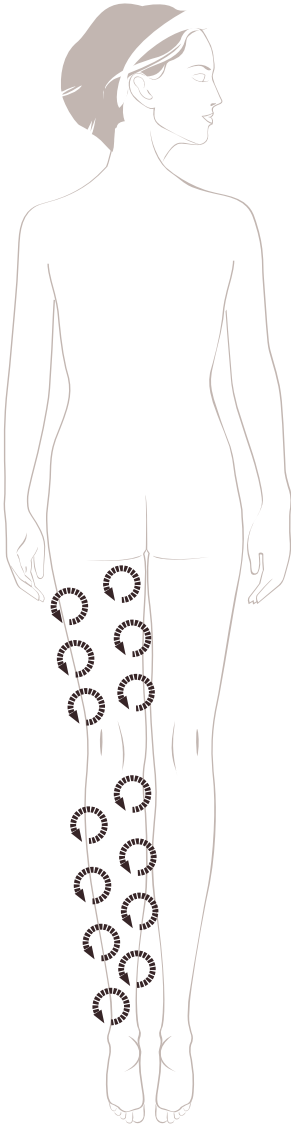


Effleurage of the entire leg

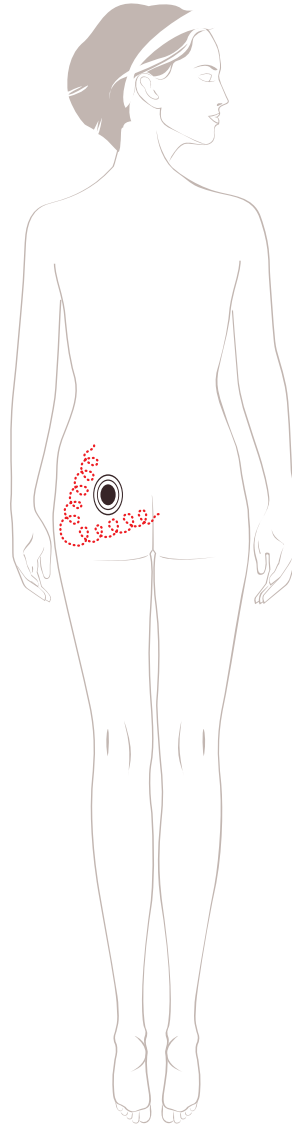
Vinésime full body massage protocol (Posterior)

Repeat each movement 3 times

Back of the leg



(Straighten back the knee)
Effleurage of the entire leg
using the forearms
(first round)

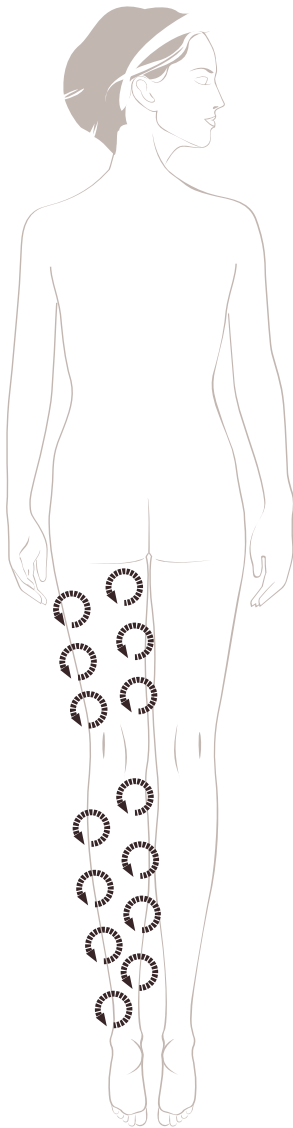


- Alternating fist movements on the buttock
- Palm presses on the piriformis muscle

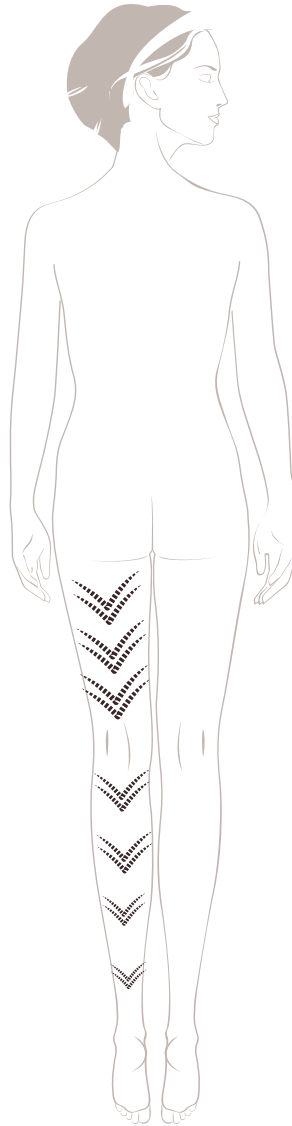
Vinésime full body massage protocol (Posterior)

Repeat each movement 3 times

Back of the leg



Effleurage of the entire leg,
using the forearms
(first round)

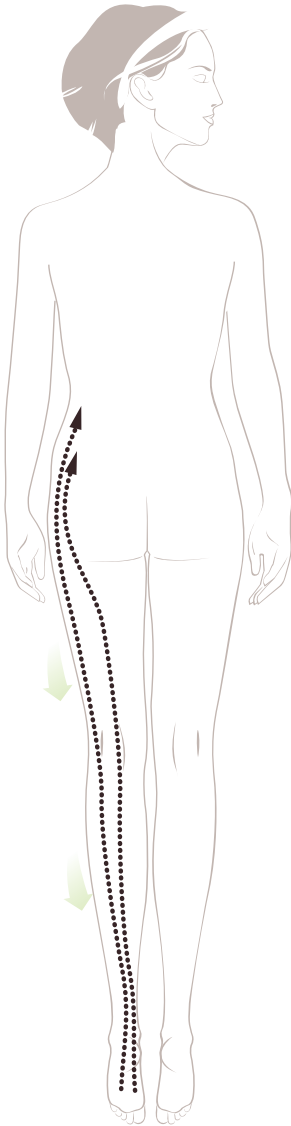


Drainage of the entire leg
(scraping)

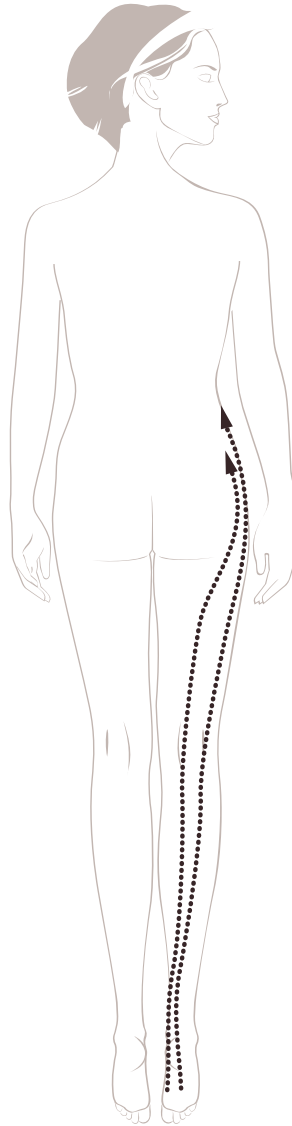
Vinésime full body massage protocol (Posterior)

Repeat each movement 3 times

Back of the leg



Final effleurage
of the leg
+ stretching



Repeat the same movements
on the other leg

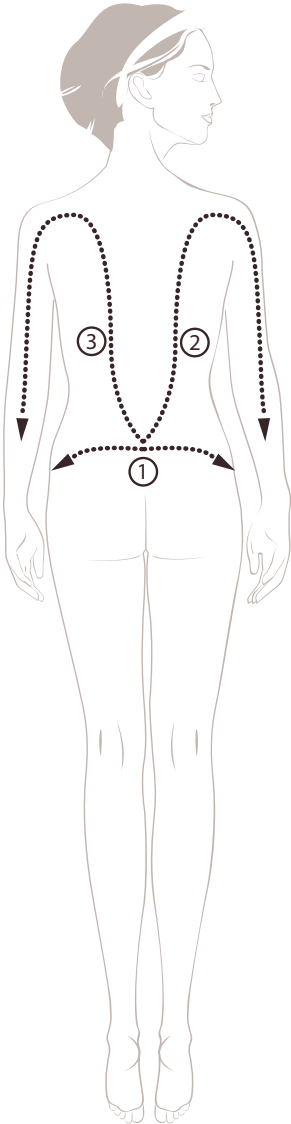
VINÉSIME

Vinésime full body massage protocol (Posterior)

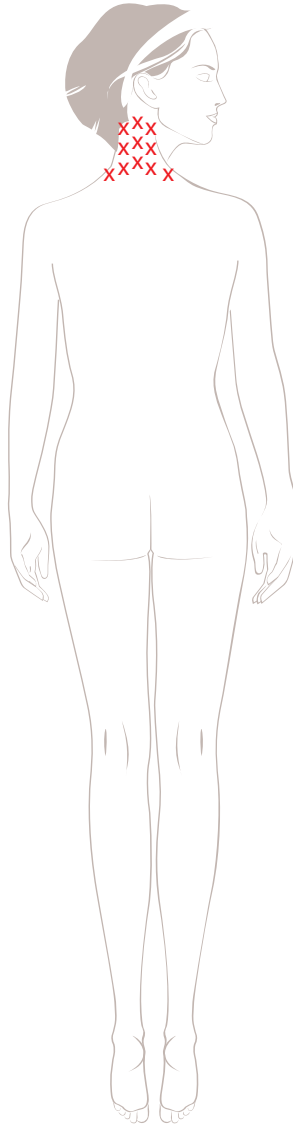
p18

Repeat each movement 3 times

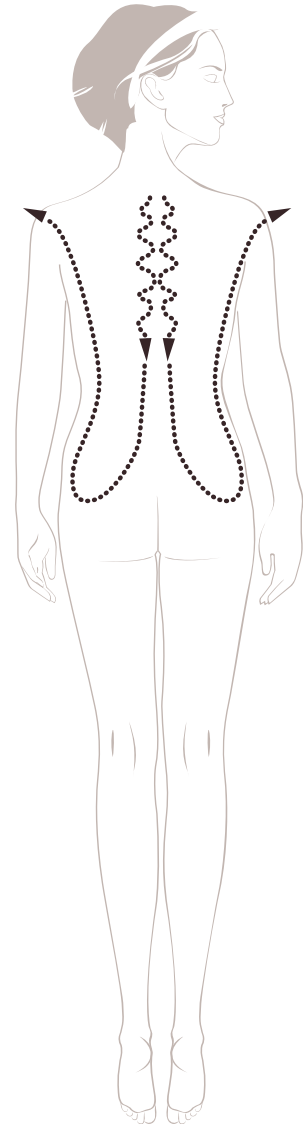
Back



Apply the oil to the back



Place yourself behind the head :
(Crossing the fingers, work the area using the Thenar eminence)
Work along the occipital region, the back of the neck and the trapezius muscles

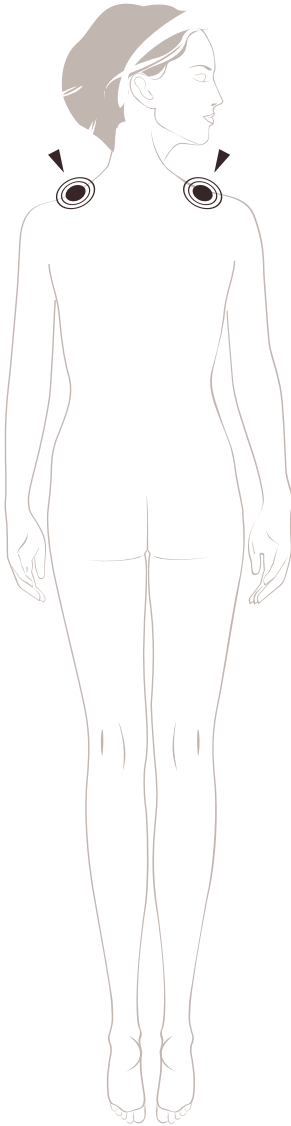


"Wiggle" Movements

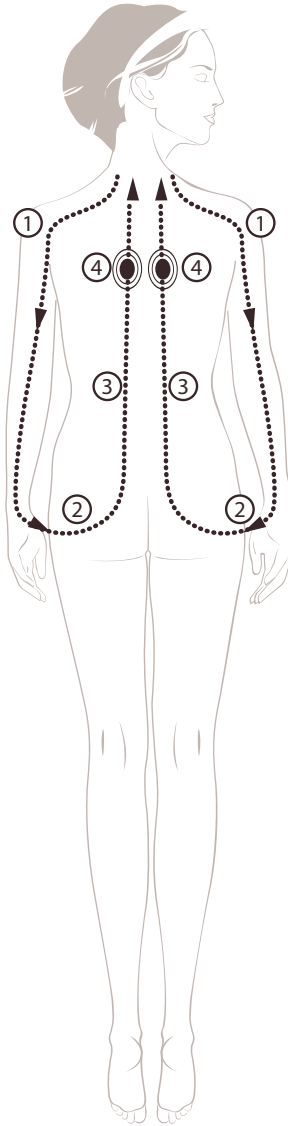
Vinésime full body massage protocol (Posterior)

Repeat each movement 3 times

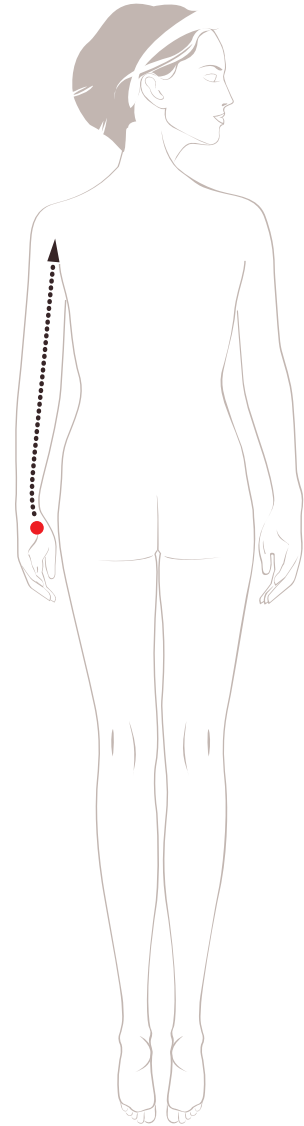
Back



Alternating palm presses



Effleurage of the arms, buttocks and the back
+ pressure on the rhomboid muscles
using forearms



● One hand on the Thenar eminence
● The other hand swept accross for
an effleurage of the arm

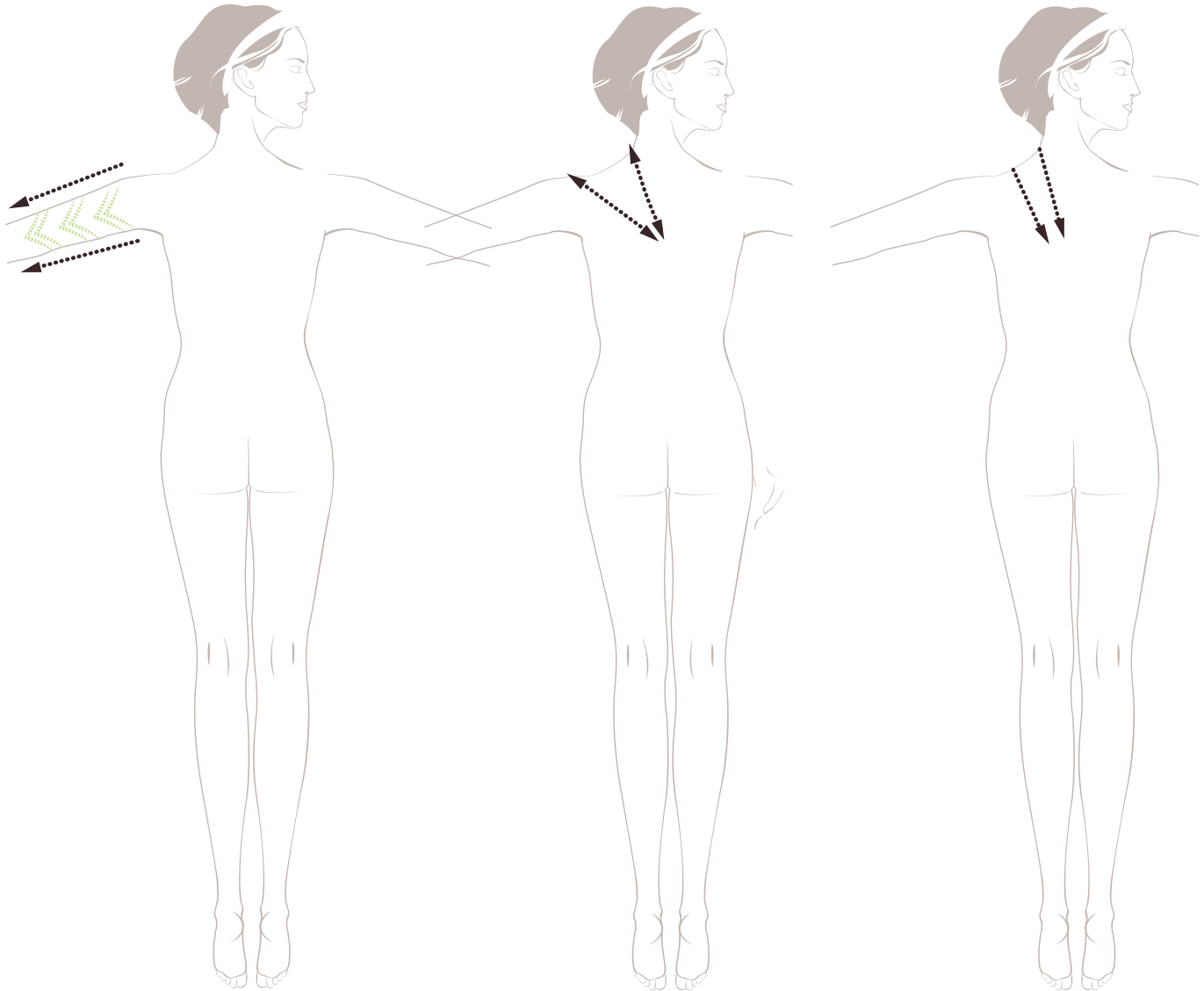
VINÉSIME

Vinésime full body massage protocol (Posterior)

p20

Repeat each movement 3 times

Back



(Hold and place the arm perpendicular to the table)

- Alternating strokes along the biceps
- Petrissage of the biceps using the thumbs

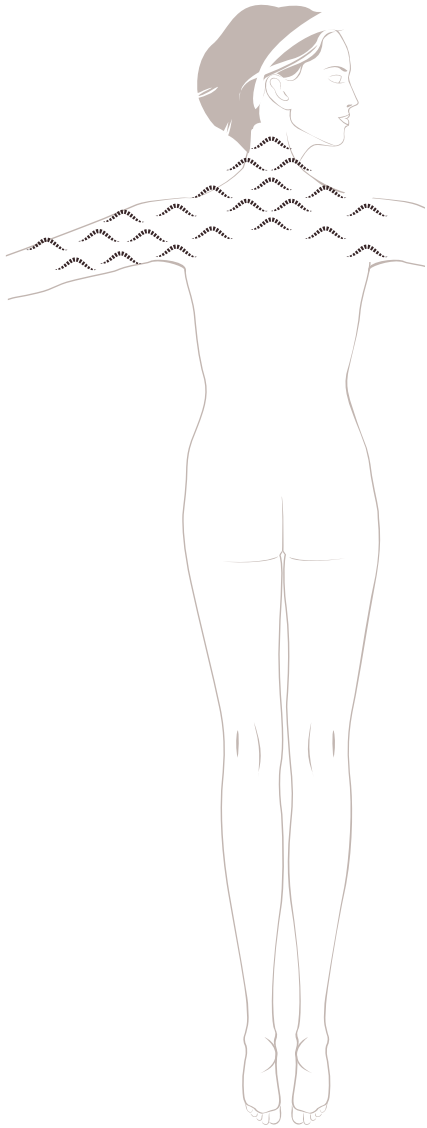
Effleurage in triangular motion along the scapula

Effleurage, using the forearms, of the trapezius and the rhomboid (skiing-like movements)

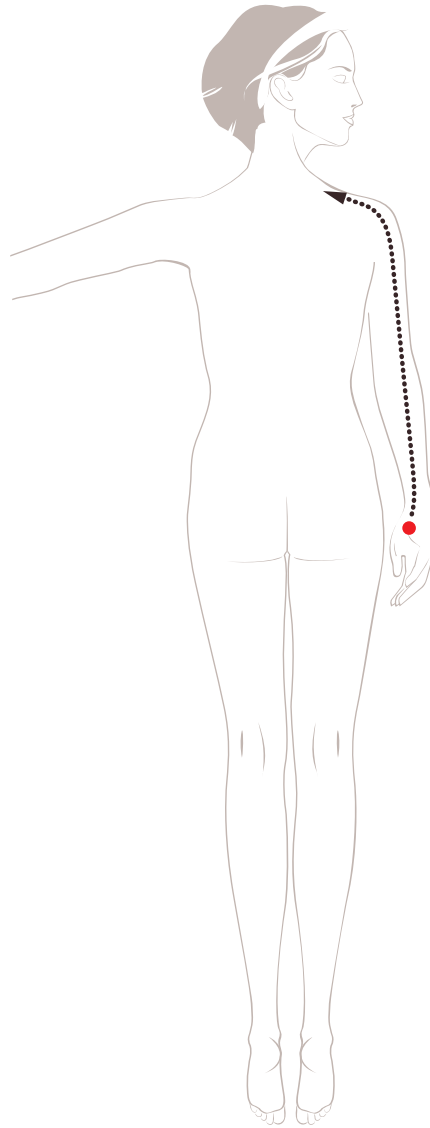
Vinésime full body massage protocol (Posterior)

Repeat each movement 3 times

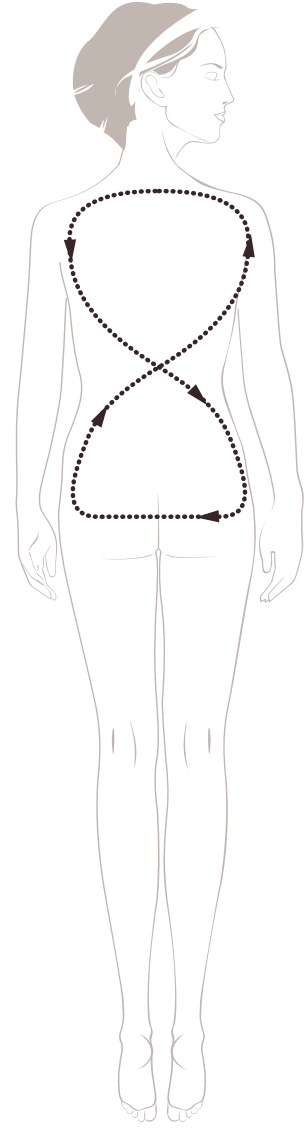
Back



Petrissage of the arm, trapezius, back of the neck and linking of the other arm



Return to placing one hand on the Themar eminence, while the other is swept across for an effleurage of the arm

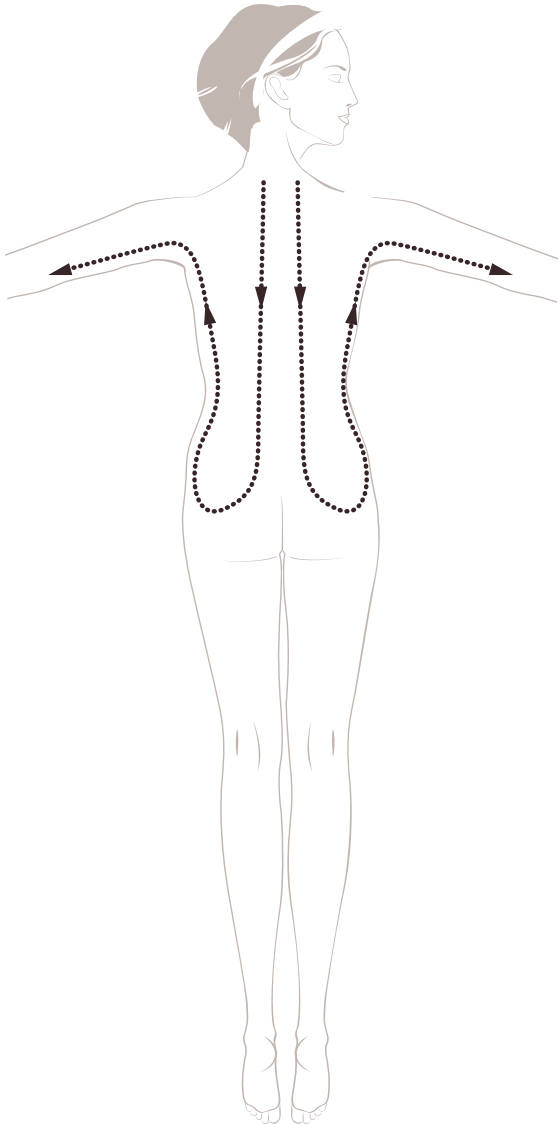


Large figure-eight movement

Vinésime full body massage protocol (Posterior)

Repeat each movement 3 times

Back



Final effleurage of the backs, arms
+ Stretching of the fingers

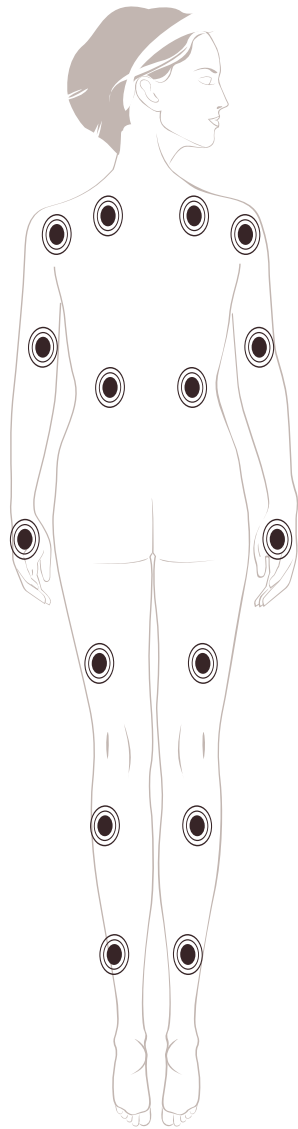
Arrange the towel in the center of the body,
the
breast remains covered, using 2 oshi
hot boris go up from the feet
over the entire body surface in order to
remove
the excess of massage balm.

* Men are invited to take a
shower if they wish.

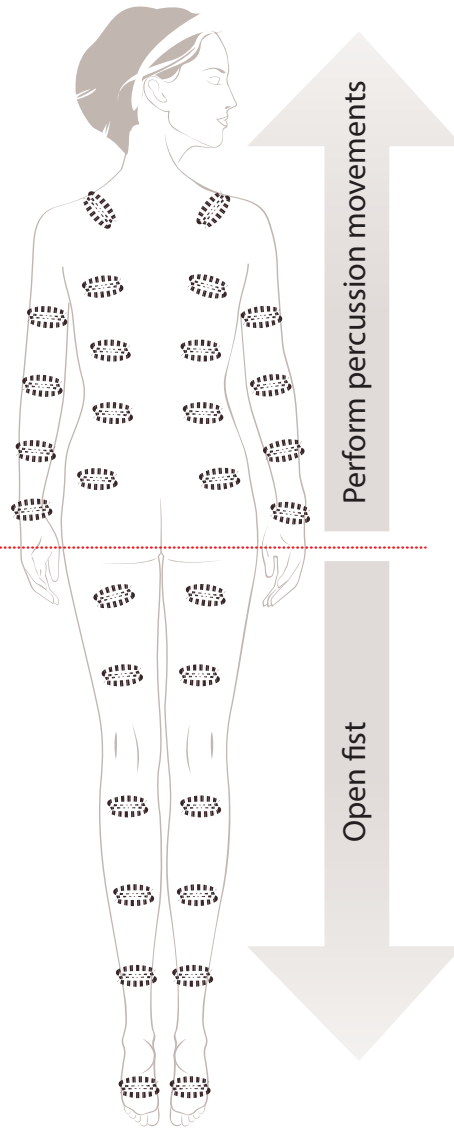
Vinésime full body massage protocol (Posterior)

Repeat each movement 3 times

Back



Cover up the client with a towel and perform walking pressure movements



Percussion

Thank the client
