



LES CLOS DE BEAUTE

PROCOLE
DIVINE ESCAPADE DANS LES VIGNES

VINÈSIME



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Duration: 1 hour - can be shortened to 30 minutes for a discovery session

Origins of the compress massage

The compress massage technique (also known as a pouch or stamp massage) has been practised for centuries in Thailand, formerly Siam. The technique uses a massage tool known as "Luk Pra Kob", essentially an assortment of finely cut medicinal herbs packed in a cloth pouch.

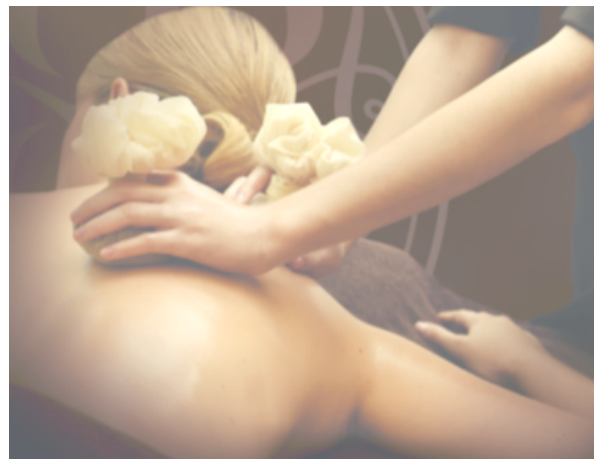
The compress massage was originally performed exclusively for the King of Siam and the upper class.

It was Dr. Shivakomarat, the private doctor of the abbot of the royal temple and an avid advocate of the Siam stamp massage method, who finally brought this therapy to the people.

VINÉSIME has adopted this ancient practice so that we may continue to benefit from the authentic and traditional techniques preserved in the Climats of Burgundy for centuries.

Materials and products used

- Hot Cabi
- Sensuelle Volupté Body massage oil
- Cherry stone pillows
- Blend of grape pomace and seeds
- Cloth and string
- Hand sanitizer





VINESIME compresses

Start by soaking the compresses in a bowl with Sensuelle Volupté Body massage oil, then place in a hot cabi.

The grape pomace- and seed-filled compresses are heated by the steam. Apply the compresses to the skin using pressing or percussion movements. Roll them along the body to release tension and diffuse the natural scents of the vineyard, taking your clients on an authentic journey through the Burgundy region.

The heat transfer promotes intense relaxation and helps the skin to absorb the grapes' natural anti-ageing actives.

For even greater heat distribution, a Basalt Stone may be placed inside the compresses before they are filled with the VINÉSIME grape pomace and seed blend.

Indications and contraindications

- Improves blood and lymph circulation
- Boosts metabolism
- Promotes total relaxation
- Releases toxins
- Stimulates digestion
- Improves sleep quality and provides an energy boost
- Reduces tension, muscle strain and soreness
- Relieves headaches and back pain as well as menstrual cramps
- Softens the skin
- Offers anti-ageing benefits, thanks to polyphenols found in grapes

Due to the heating of the compresses, this wellness massage is not recommended for people suffering from venous problems (visible varicose veins).



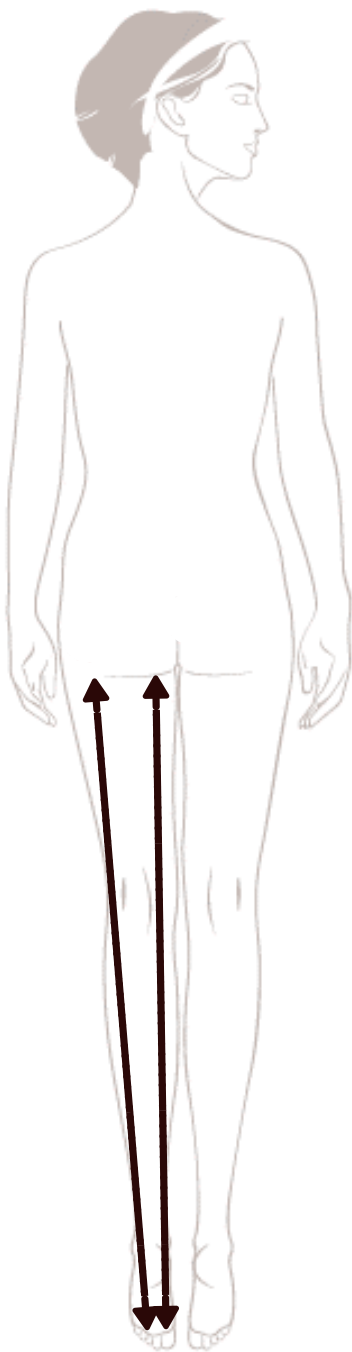
MASSAGE PROTOCOL

1. Posterior side

Over the towel, make first contact by applying pressure points along the entire body, holding for 1 to 2 seconds and shaking lightly each time. Apply the body massage oil from the hands down to the feet in light, alternating effleurage movements. Cover the body back up.

The legs

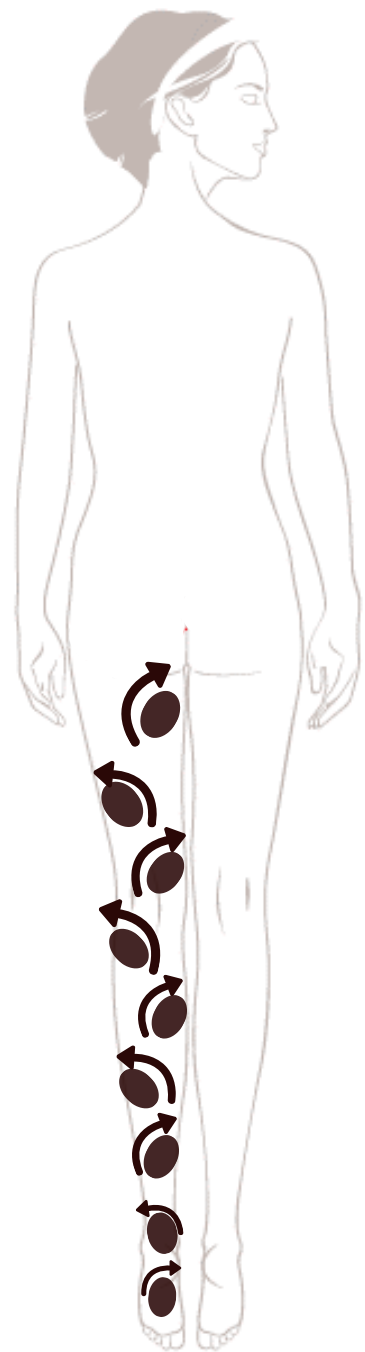
Begin with the left leg :



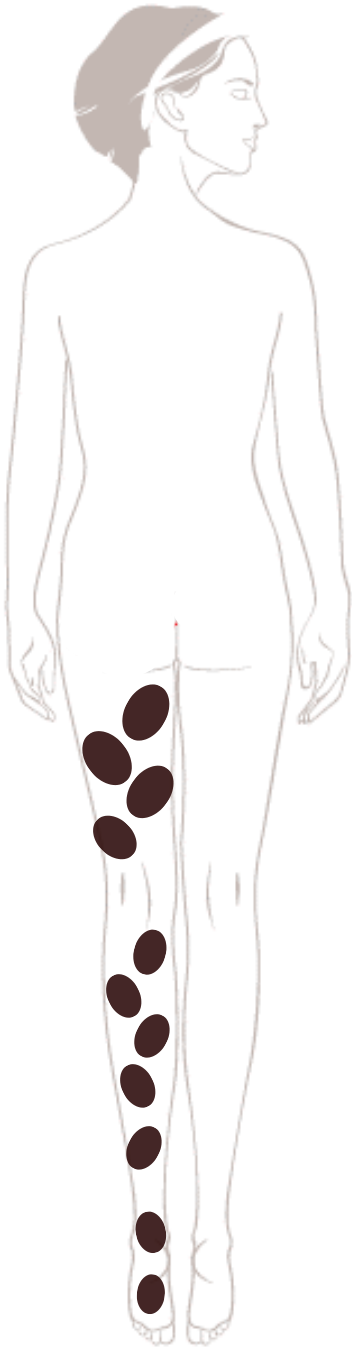
Effleurage of the left leg and the left foot



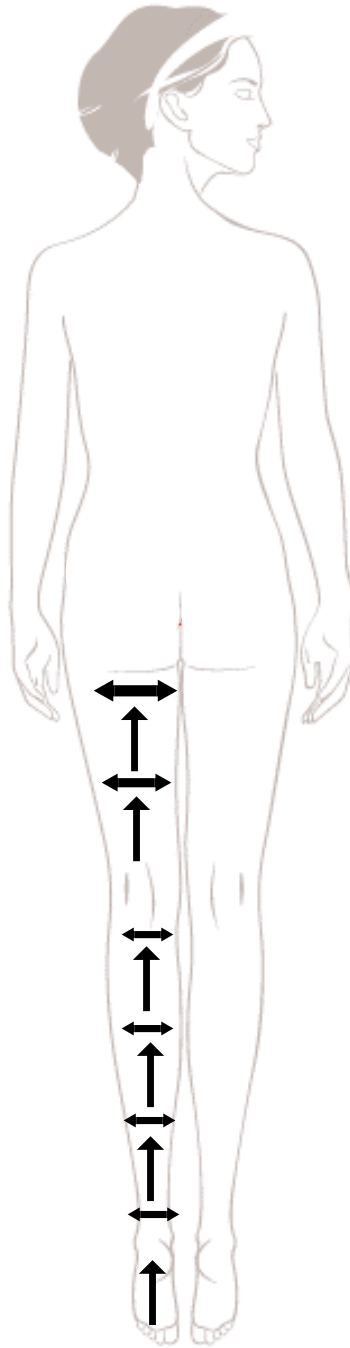
Light effleurage of the left leg, and the left foot



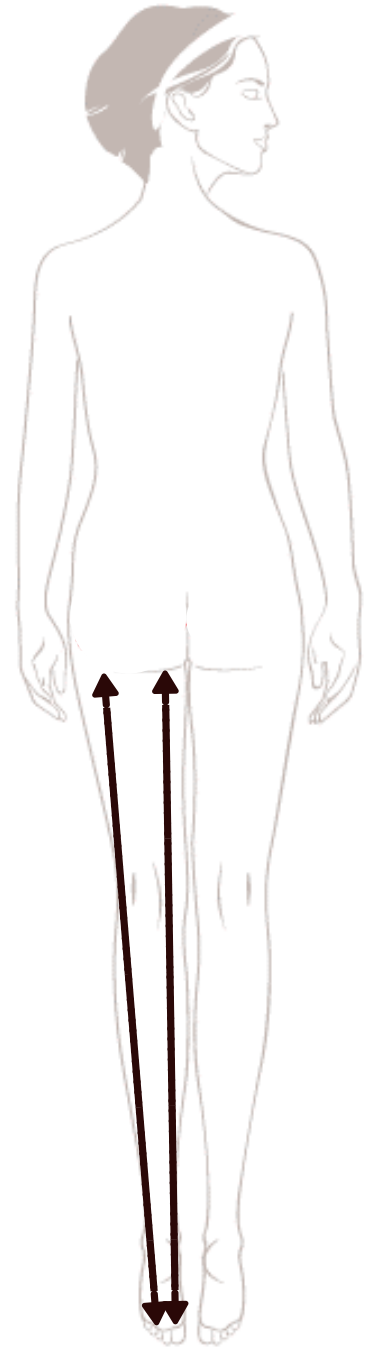
Rotating pressure



Palm presses from the foot arch up to the thigh (Alternate from one hand to the other to maintain constant contact)



Outward smoothing strokes using the thumbs, from the foot to the thigh.



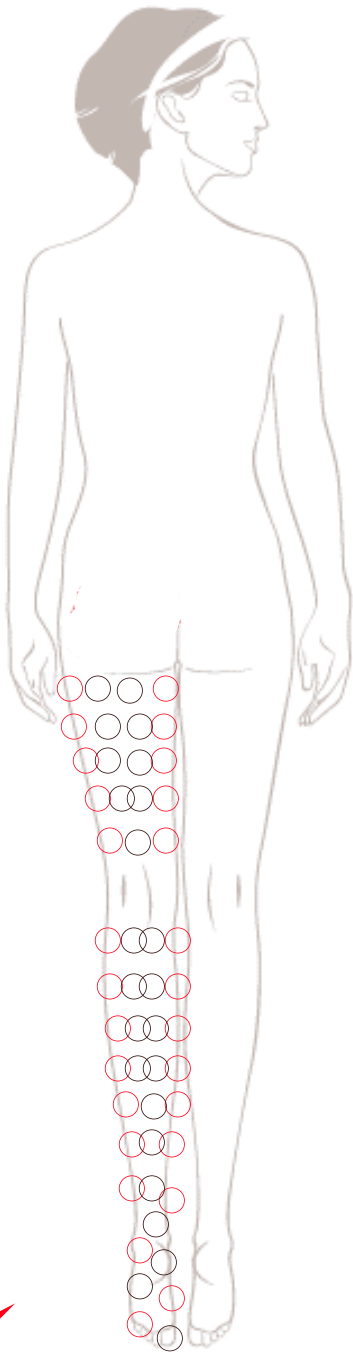
Effleurage
Resume on the right leg



Cover the legs, then uncover the back, arms and hands.

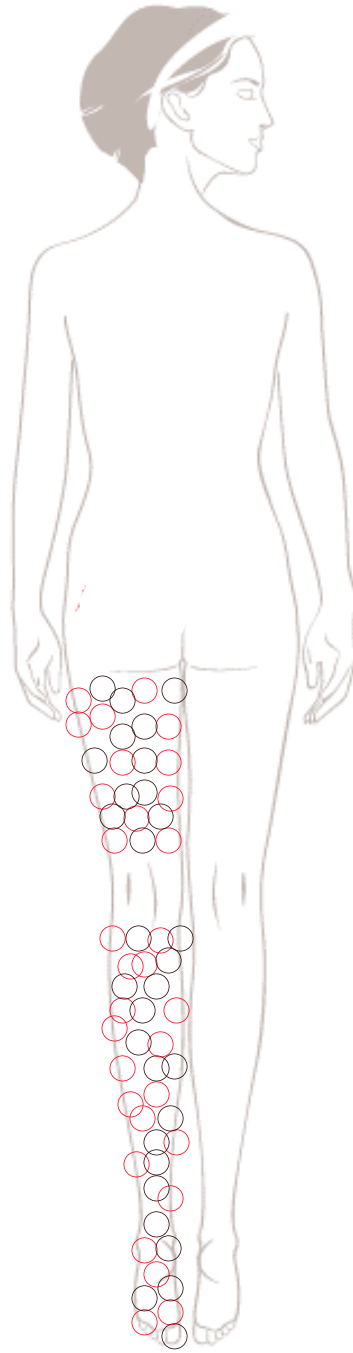
Working with the compresses:

- Strolling through the vineyard (presses applied one after another like bear paws, outward-return) x3
- Running through the vineyard (percussion movements, outward-return) x3
- Cycling through the vineyard (compresses rolled along each side of the leg, outward-return)



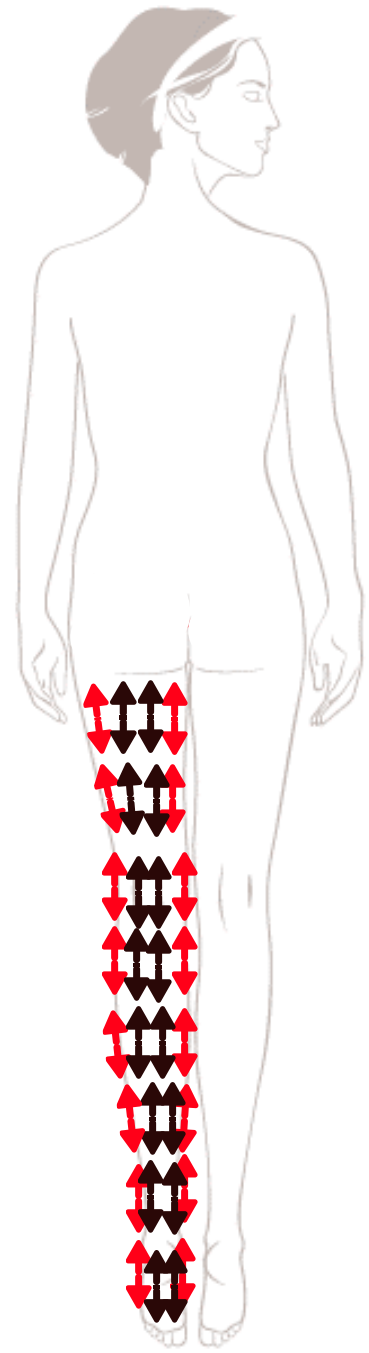
Strolling through the vineyard

Maintaining constant contact, walk the compresses like bear paws one after the other, for the outward and return movements. Slow movements.



Running through the vineyard

Percussion with the compresses, for the outward and return movements. Quick movements.



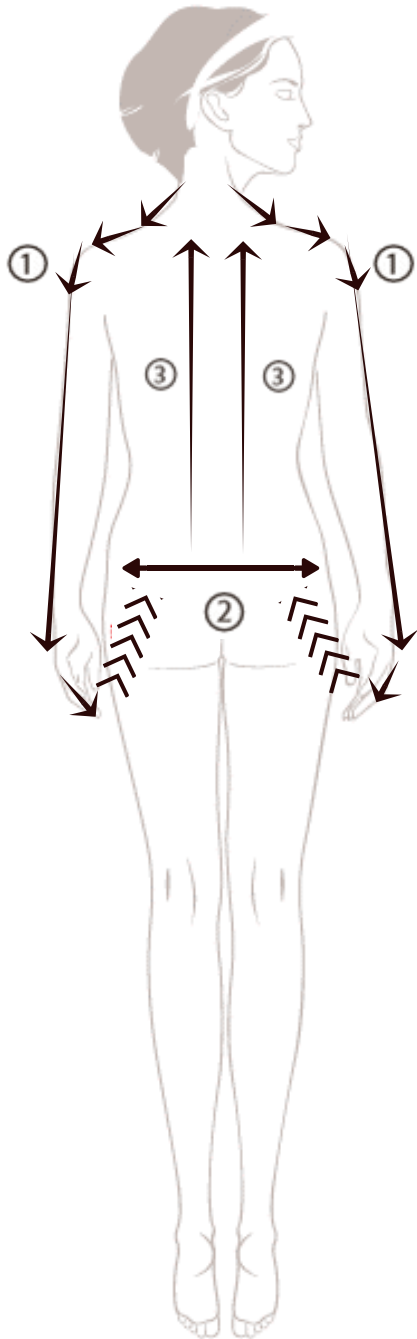
Cycling through the vineyard

Each compress is placed on its side. They are rolled along the inner part of the leg for the outward movement, then along the outer part of the leg for the return movement.

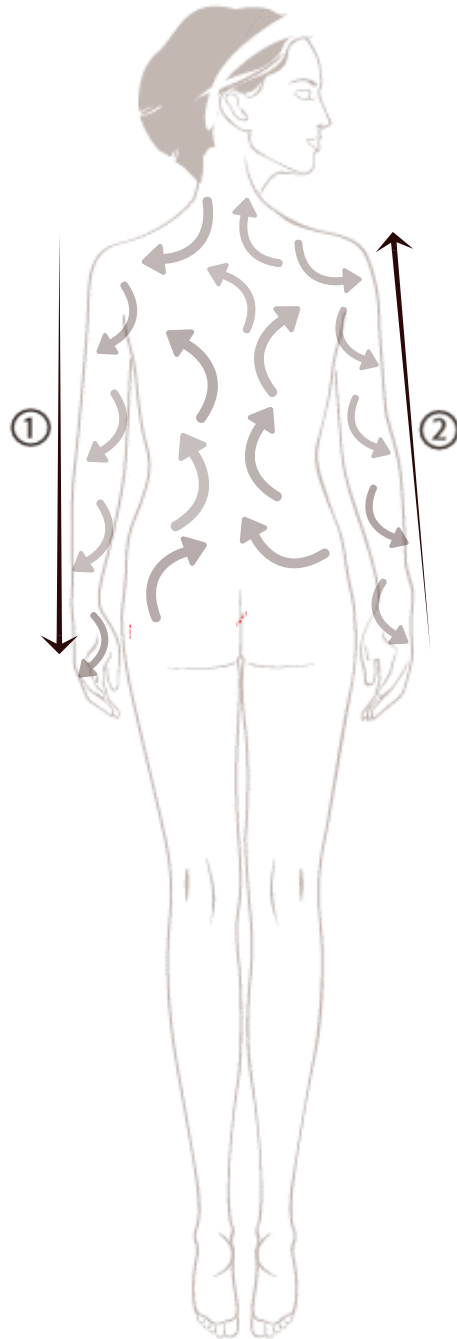
Move the compresses in a back-and-forth motion, rolling them along the entire leg, the foot and the toes. Make an effleurage above the towel.



The back



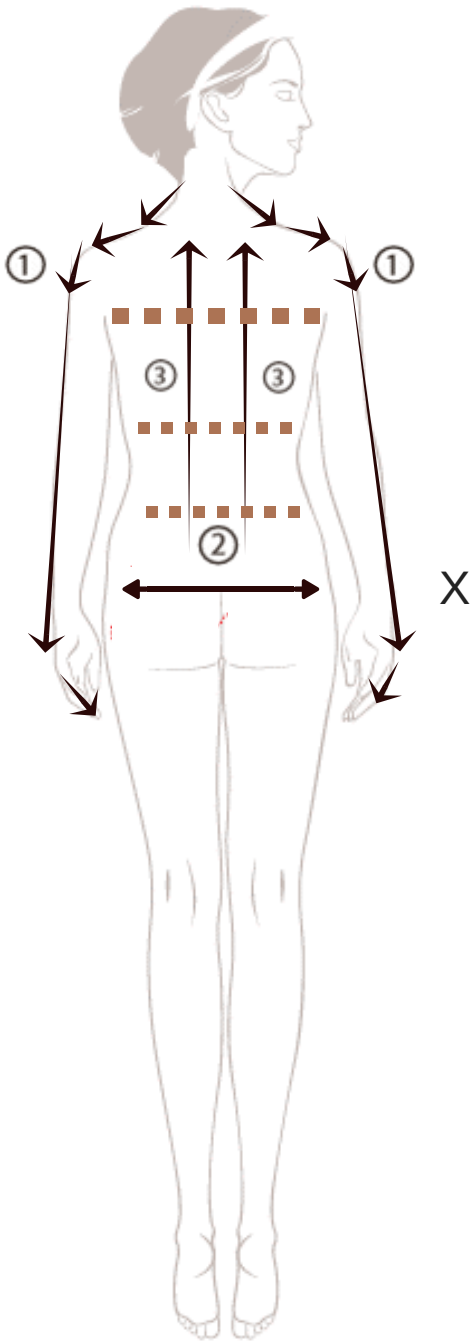
Large effleurage of the back: move from the back of the neck to the arms, down to the palms of the hands. Using your forearms, slide down the flanks and apply pressure to the sacral region. Move back up along the entire spinal column x1



Light, alternating effleurage over the entire back

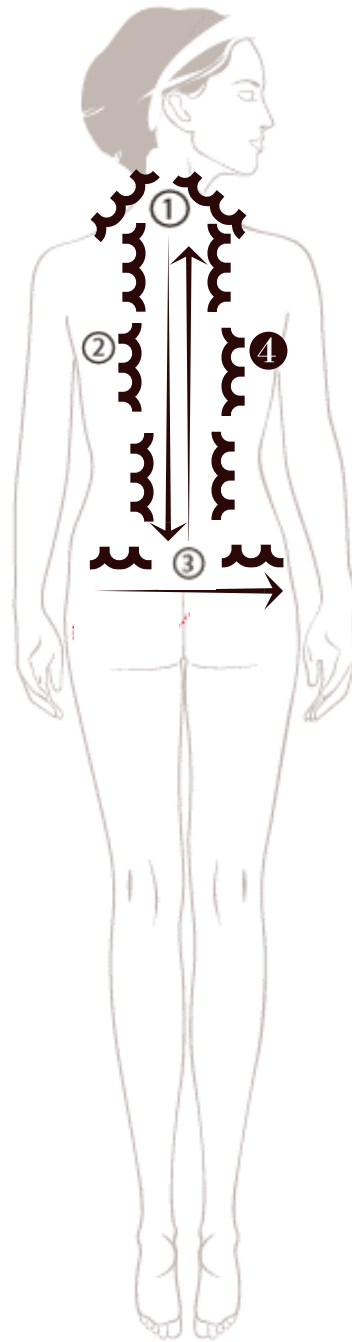


Alternating presses on the back of the neck and the arms, moving down to the palms of the hands. Using your forearms, slide down the flanks, apply pressure to the sacral region, then move up along the spinal column x1

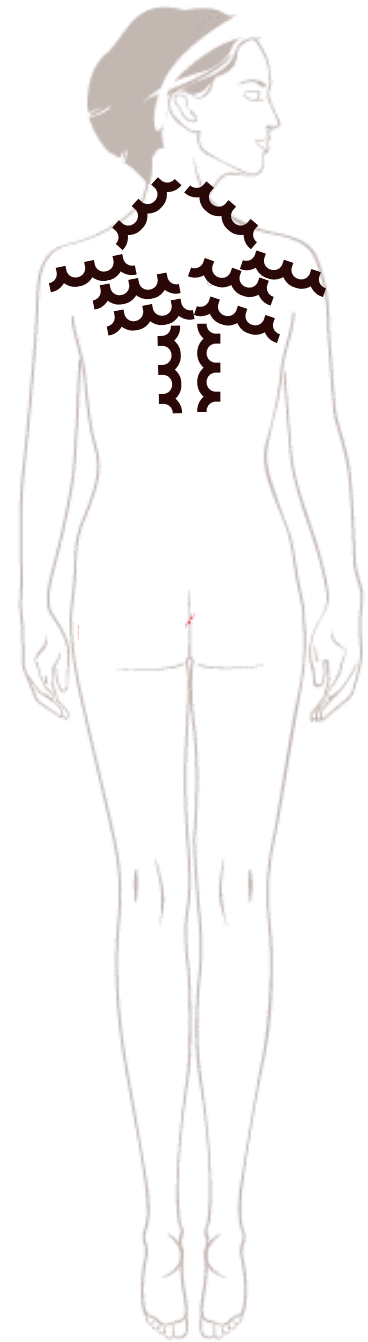


Effleurage with the forearms over the entire back and the arms.
Position yourself on the side (X)

■■■■■■■■■■ Arms position



Petrissage with the knuckles over the entire back



Petrissage of the trapezius muscles (from the occipital hollow to the T10 vertebra), over the entire trapezius region

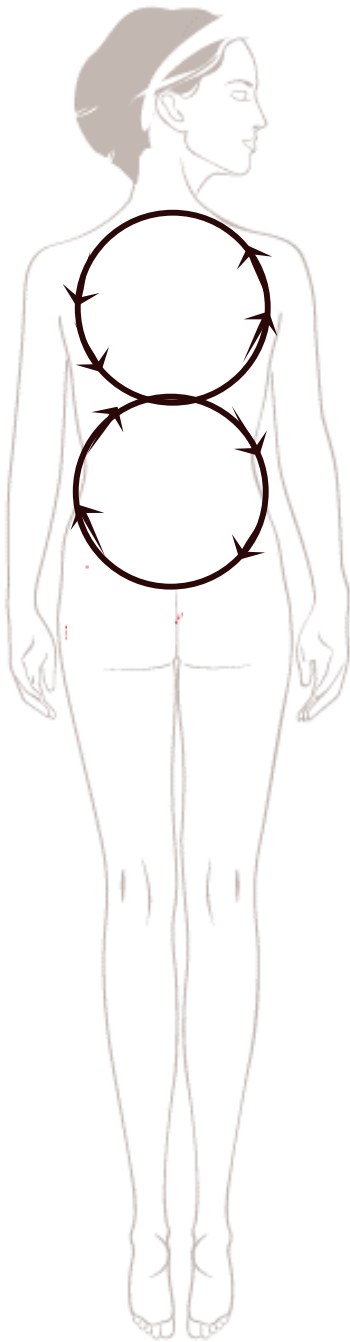
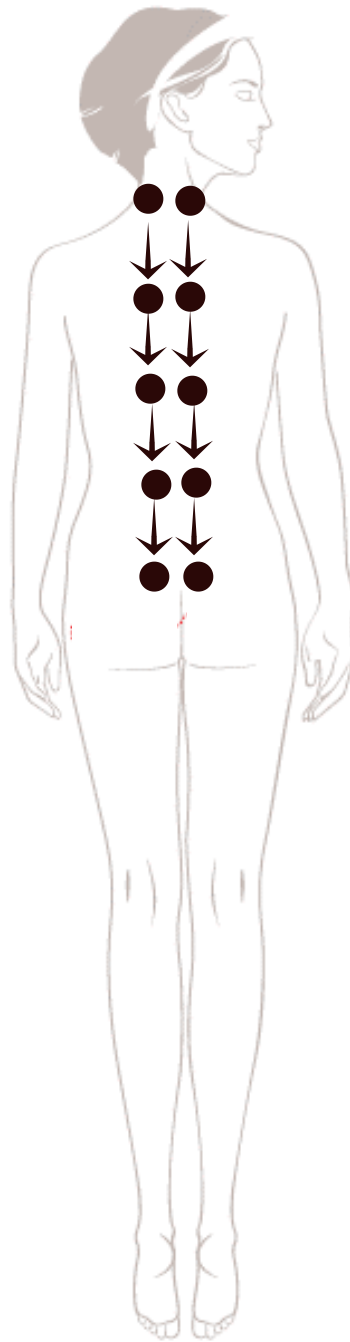
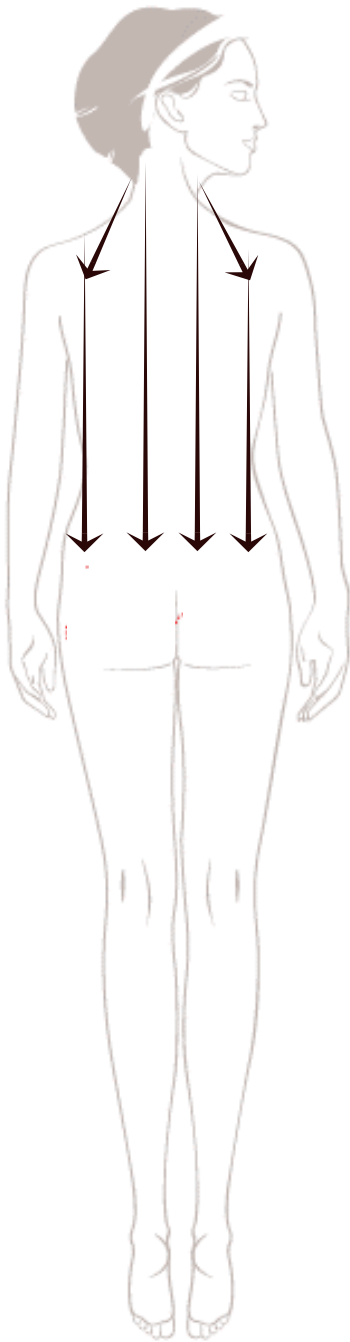


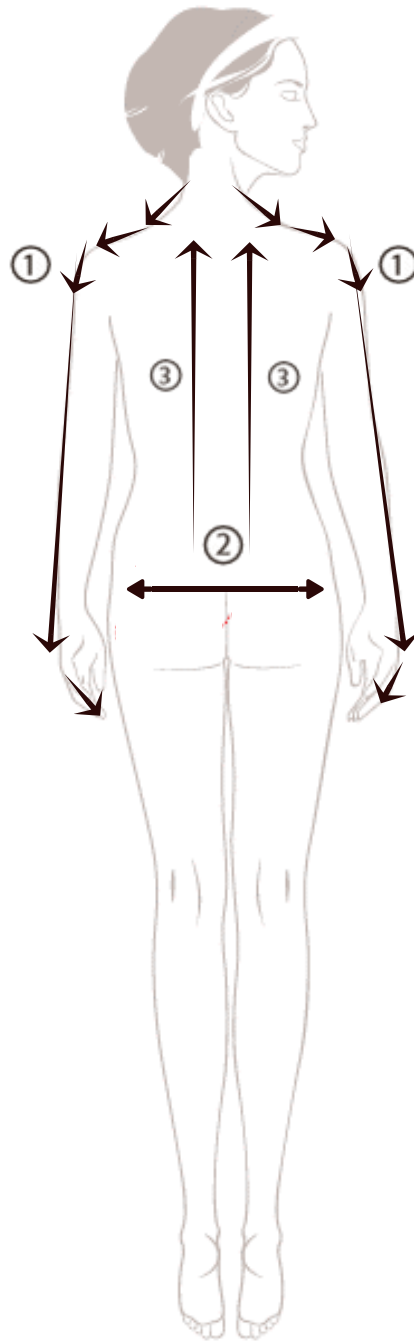
Figure-eight movements on the entire back



Sliding pressure applied with the thumb pads (along the paraspinal muscles)
Go up in effleurage on the shoulders



With your forearms go down following 4 lines on the entire back



Repeat the large effleurage from the beginning
End with a pressure on the occipital hollow



Working with the compresses on the back

(movements along the spinal column)

- Strolling through the vineyard (presses applied one after another like bear paws, outward-return) x3
- Running through the vineyard (percussion movements, outward-return) x3
- Cycling through the vineyard (compresses rolled along each side of the leg, outward-return) x3

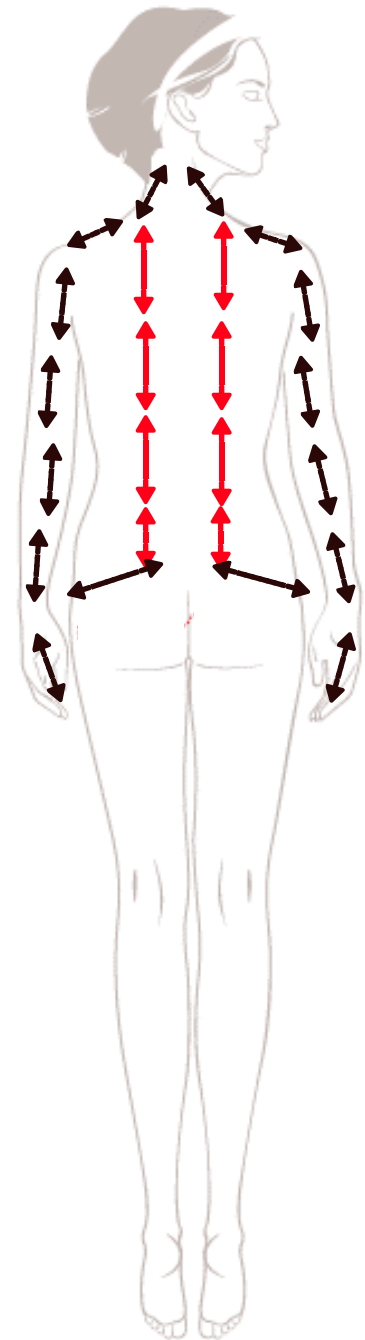
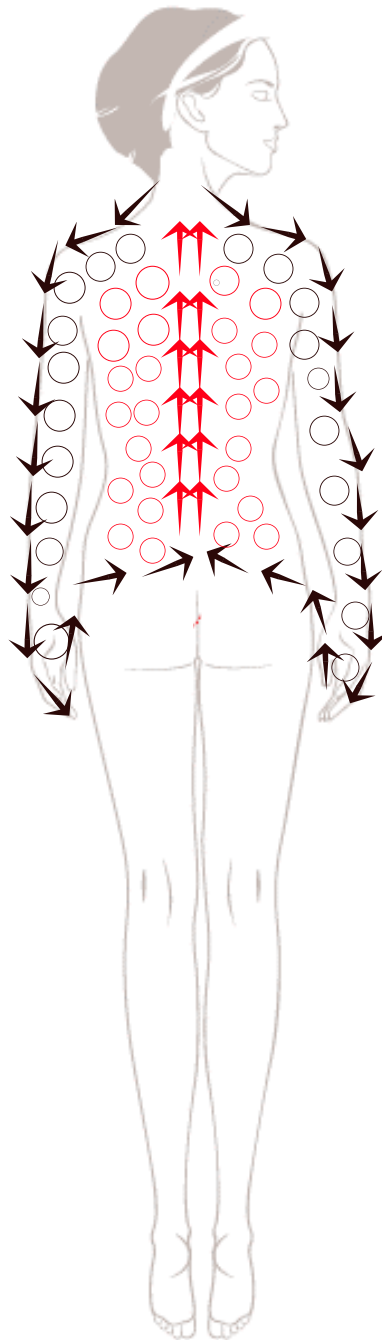
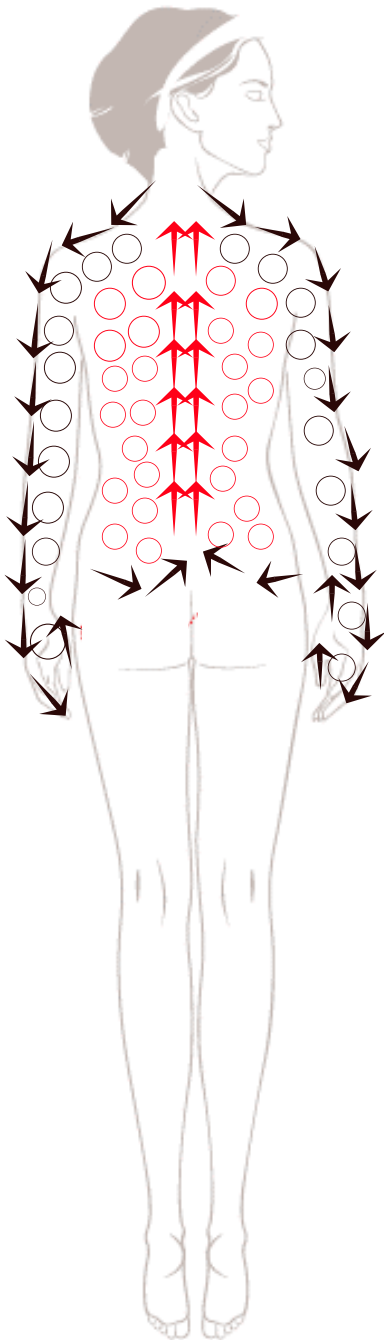
Cover up the posterior side of the client. For this energizing stage, apply pressure along the entire body, and invite the client to turn over.



→ Outward
↪ Return

○ Outward
◉ Return

↔ Outward
↔ Return



Strolling through the vineyard

Running through the vineyard

Cycling through the vineyard

Apply presses one after another like bear paws, from the trapezius muscles to the arms and down to the hands. Then, using your forearms and the compresses for the return, move up the back along the spinal column to the occipital hollow. (Sweep back up along the sacral region with your forearms)

Percussion: quick movements From the trapezius muscles to the hands, then return from the sacral region to the occipital hollow. (Swing back up along the sacral region with your forearms)

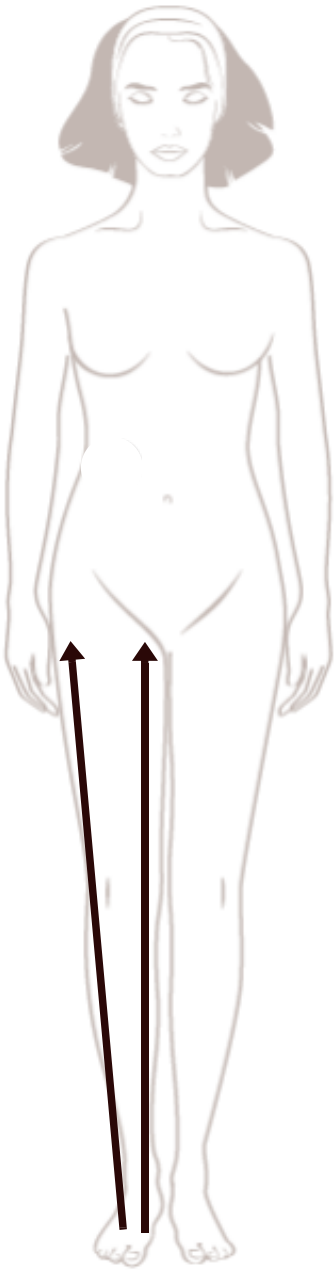
Turn each compress on its side and, in a back-and-forth motion, roll them from the trapezius muscles down to the hands, then back up from the sacral region to the occipital hollow. (Swing back up along the sacral region with your forearms)



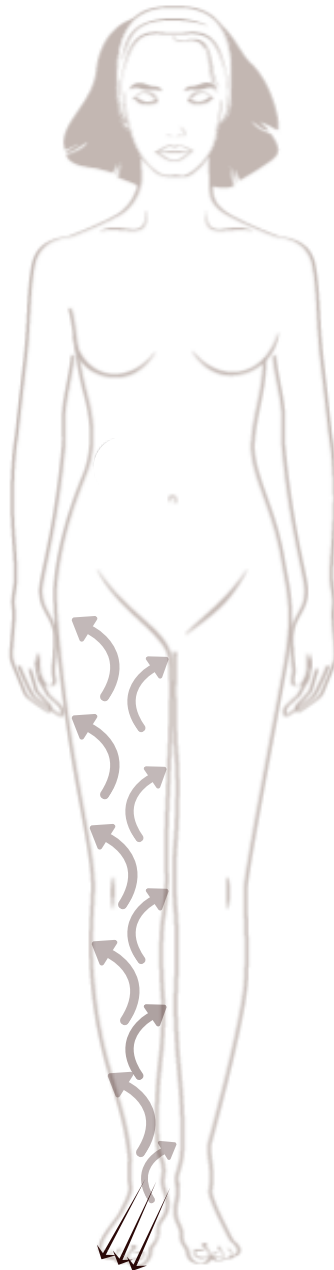
2. Anterior side

Over the towel, make contact along the entire body. Apply the body massage oil to the entire body, starting from the feet and moving up in light, alternating effleurage movements.

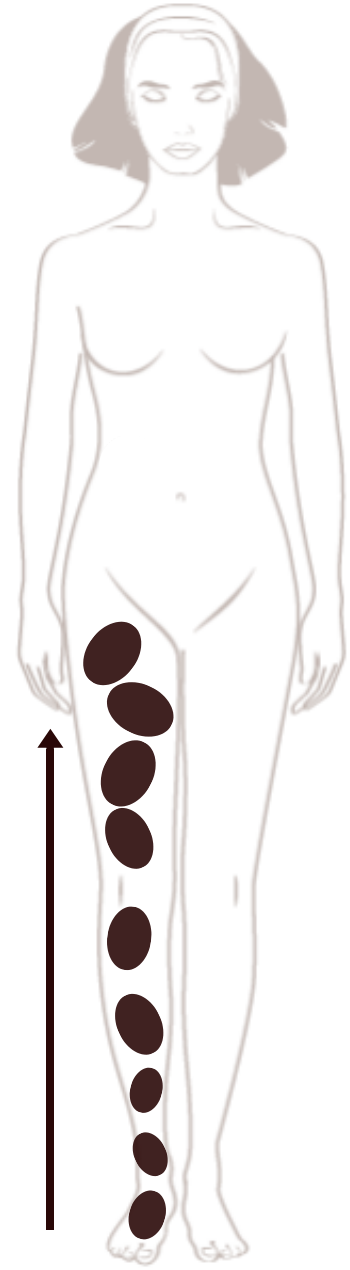
The legs: Start with the left leg



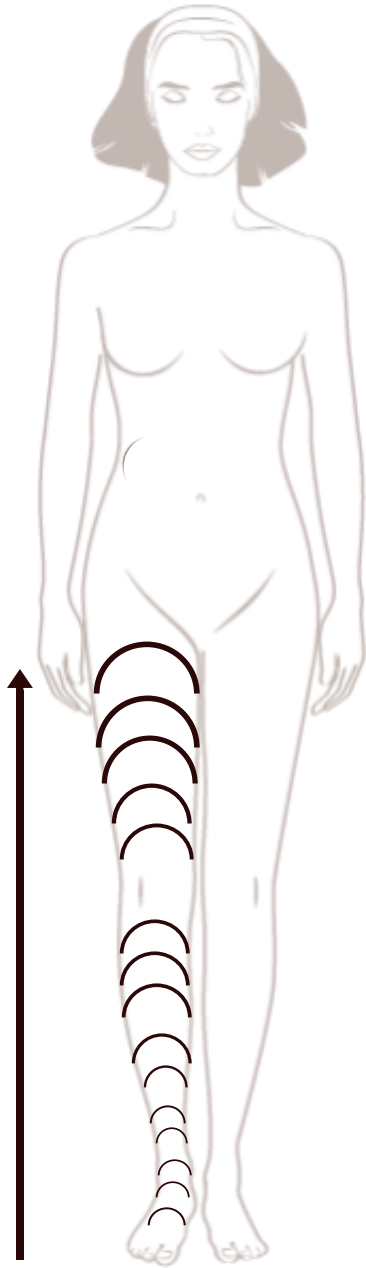
Effleurage



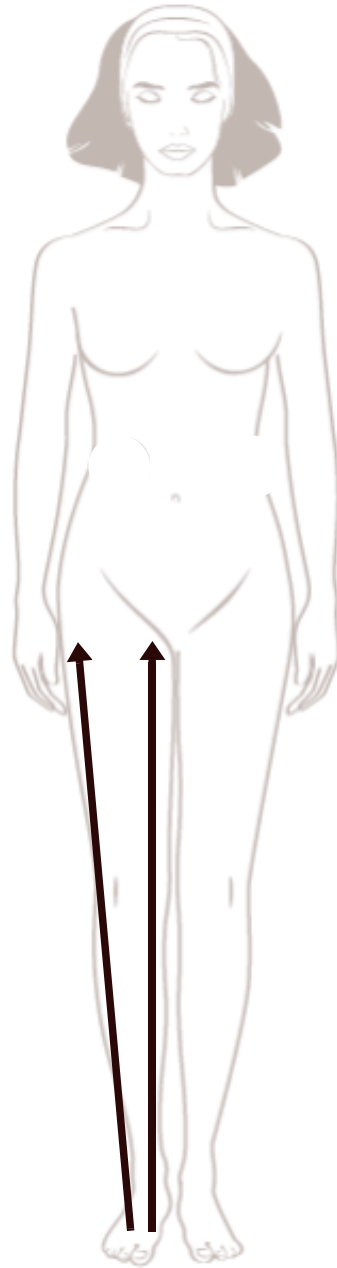
Light effleurage + stretching of the toes while ensuring to envelop the entire foot with your hand



Presses from the feet to the thighs



Detoxifying loop movements (both hands following one another)



Effleurage



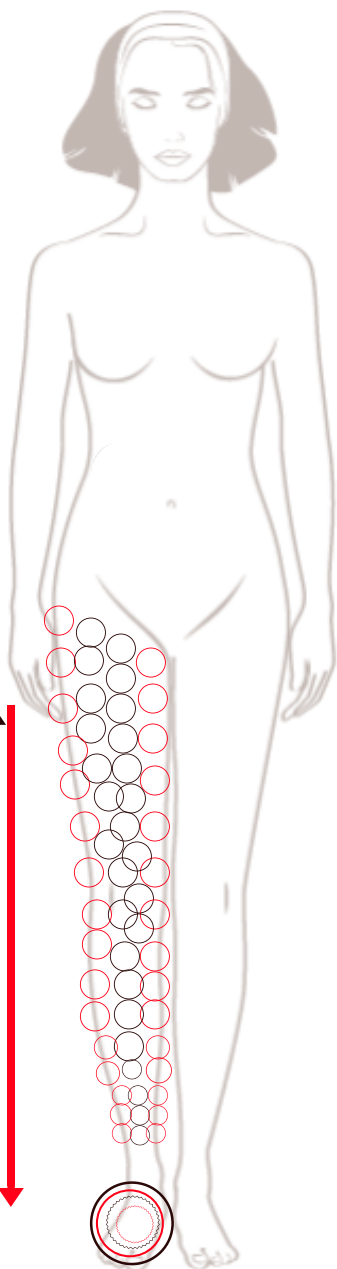
Working with the compresses on the legs (From the feet to the thighs)

- Strolling through the vineyard (presses applied one after another like bear paws, outward-return) x3. Be sure to fully envelop the top and bottom of the foot
- Running through the vineyard (percussion movements, outward-return) x3
- Cycling through the vineyard (compresses rolled along each side of the leg, outward-return) x3

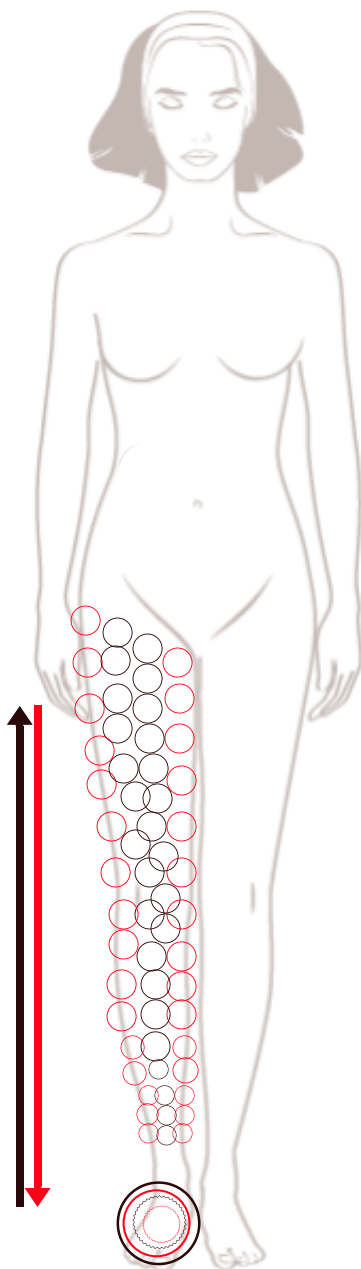
Repeat on the right leg, then cover up the legs.



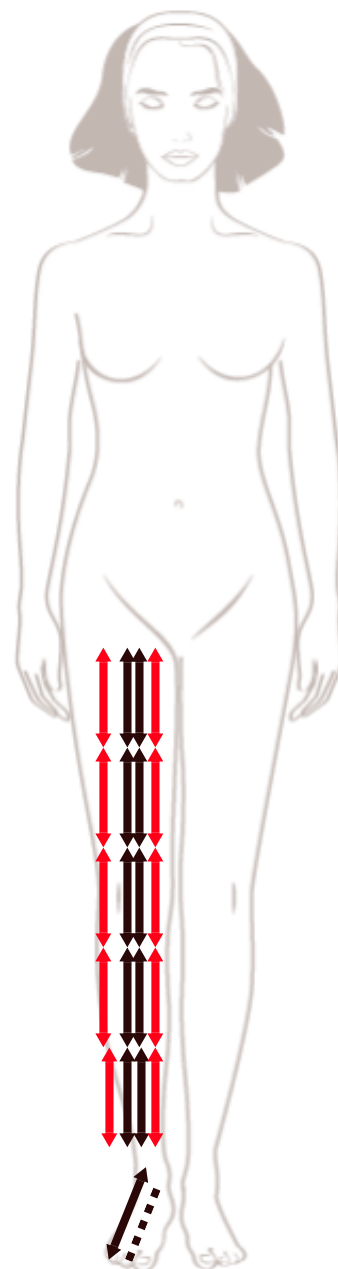
- Outward
- Return



Strolling through the vineyard



Running through the vineyard



Cycling through the vineyard

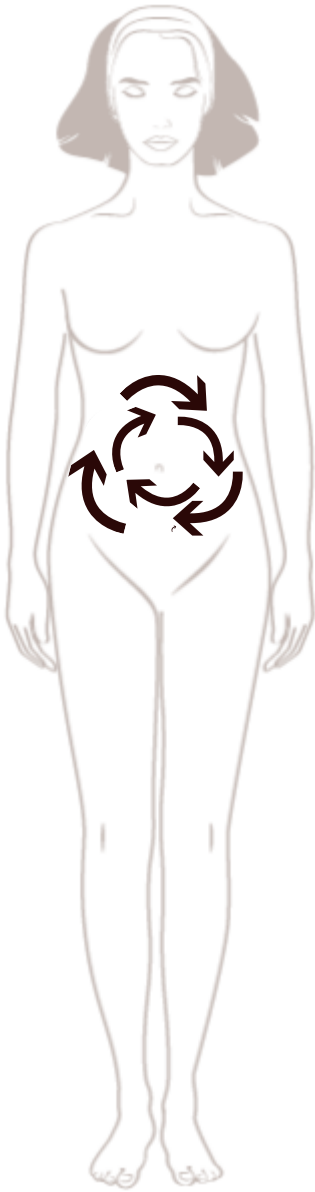
Bear paws using the compresses. Fully envelop the top and bottom of the foot. Work the inner part of the leg for the outward movements, then the outer part for the return.

Percussion movements using the compresses, from the foot to the thigh on the inner part, then from the thigh to the foot on the outer. Quick movements.

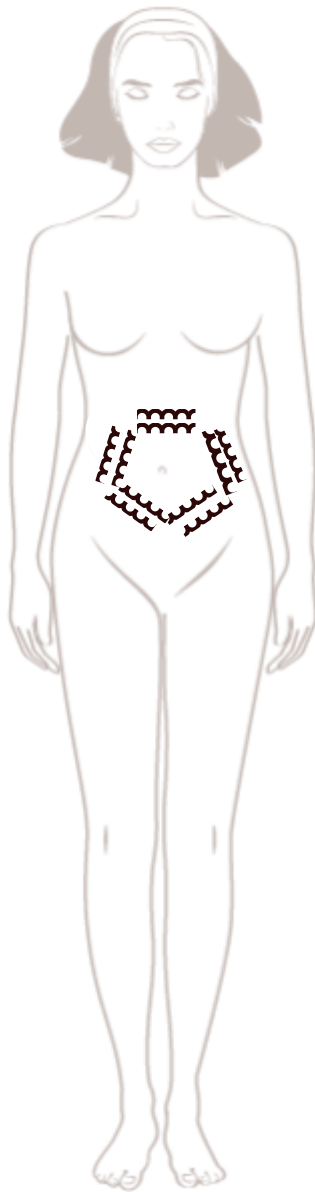
The compresses are rolled along the top and bottom of the foot, moving up to the thigh for the outward movements (inner part of the leg), then along the outer part of the leg down to the foot for the return movements.



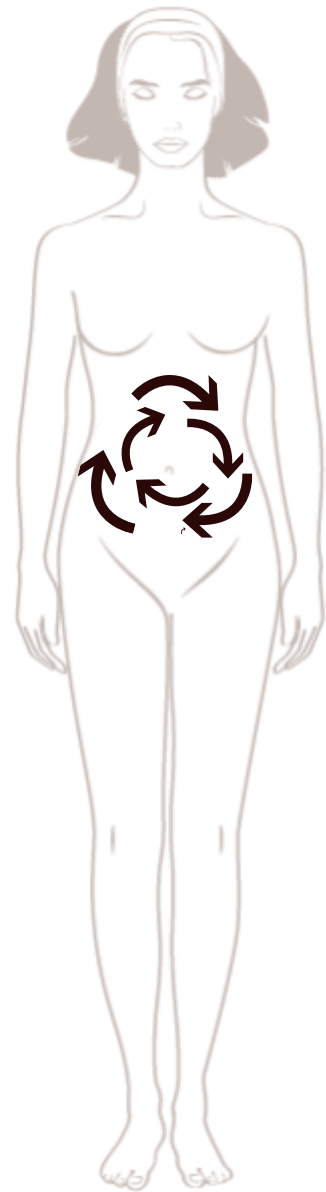
The stomach



Circular effleurage (clockwise motion)



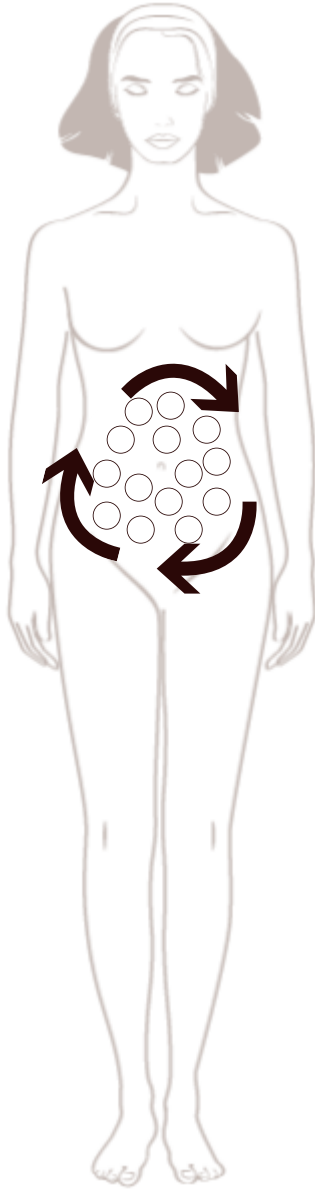
Circular petrissage movements



Circular effleurage (clockwise motion)

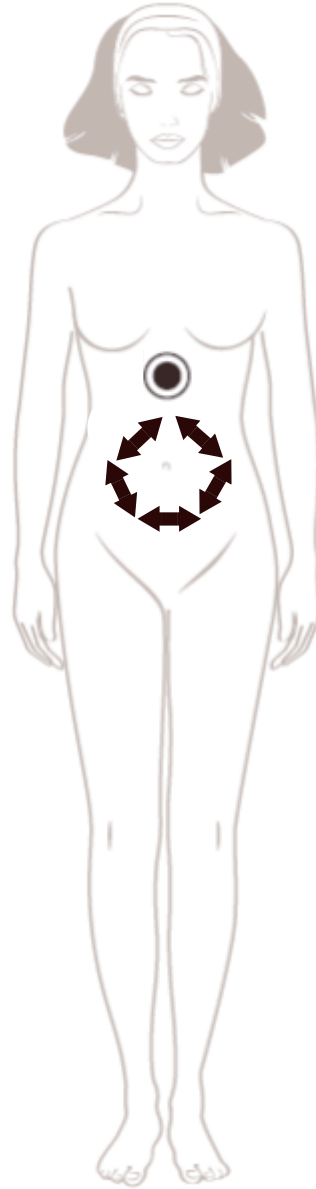


Working with the compresses on the stomach



Strolling through the vineyard

Walk the compresses one after the other like bear paws, in a clockwise motion. Fully envelop the flanks and the entire stomach. x3



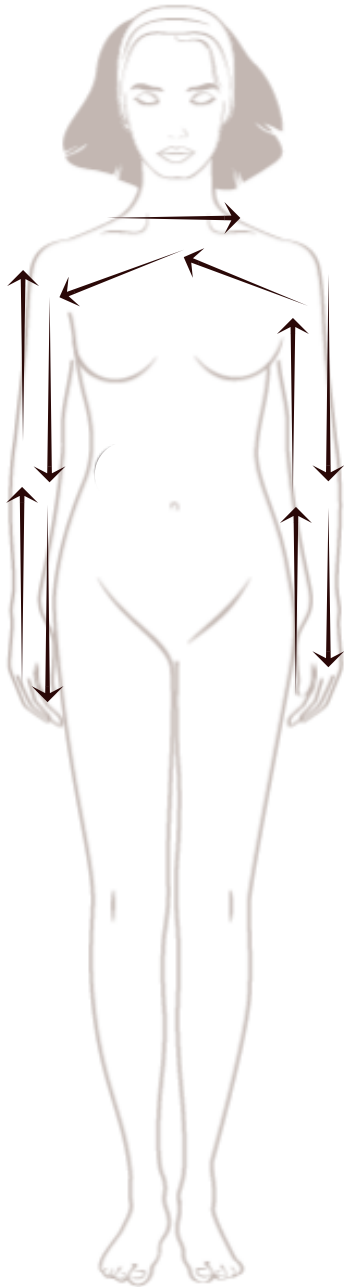
Cycling through the vineyard

One of the compresses is place on the solar plexus, while the other is rolled back-and-forth in a clockwise motion. x3

Cover up the stomach, then uncover the arms, hands and neckline.



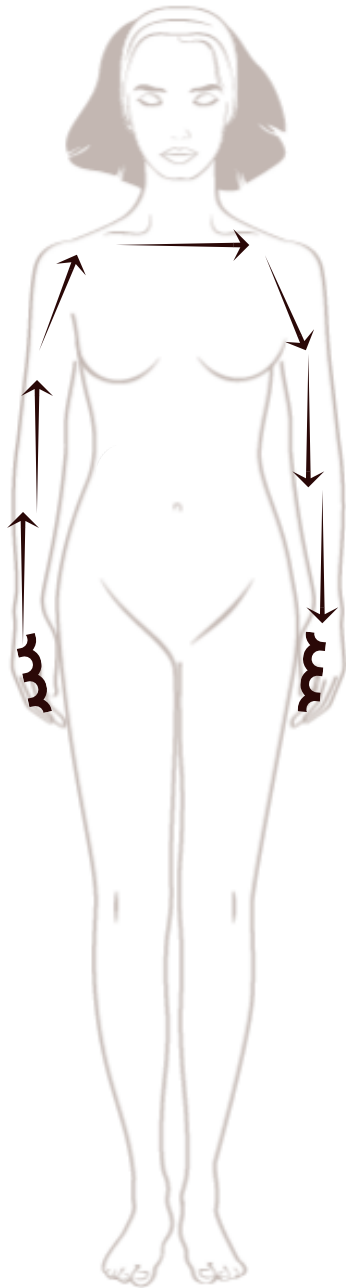
The arms and neckline



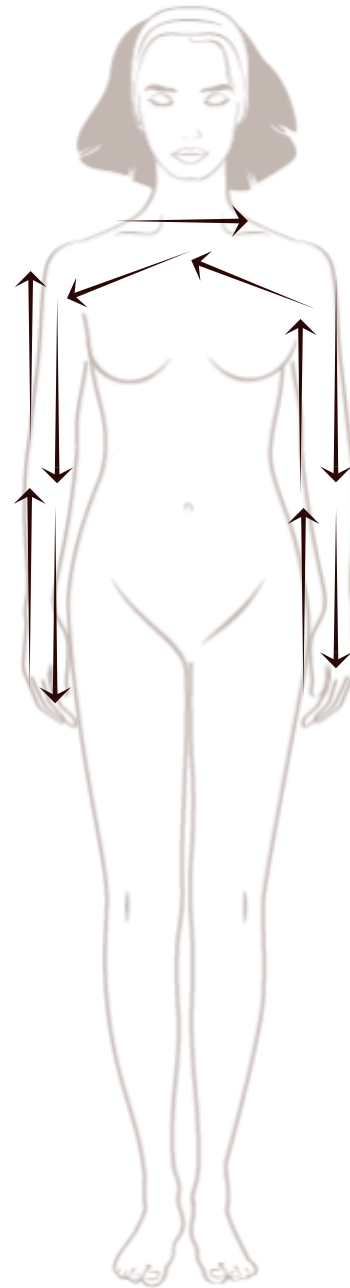
Effleurage of the left arm then the right, passing across the neckline, then of the right arm to the left



Light effleurage of the left arm then the right, passing across the neckline



Work the hand (petrissage on the top and bottom of the hand and the stretching of the fingers). Apply pressure up along the arm, across the neckline, then down the other arm to work the other hand (petrissage and stretching of the fingers).



Effleurage of the left arm then the right, passing across the neckline, then of the right arm to the left.






Working with the compresses on the arms

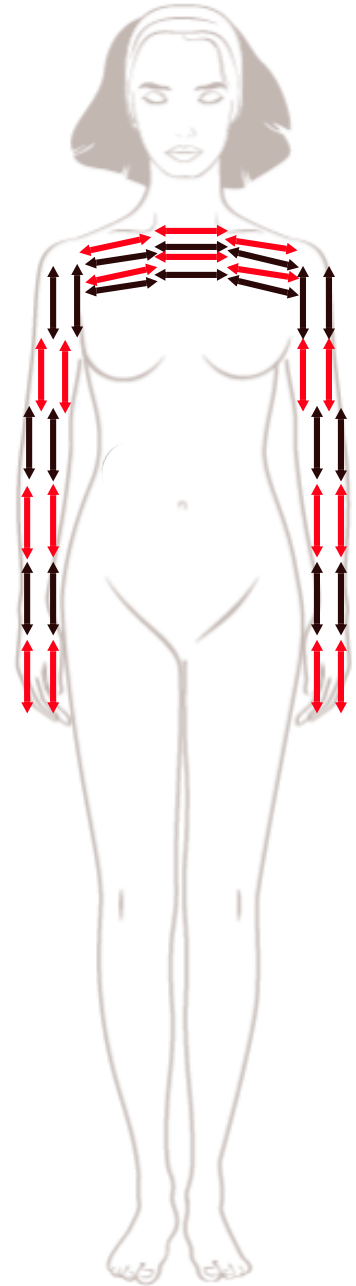
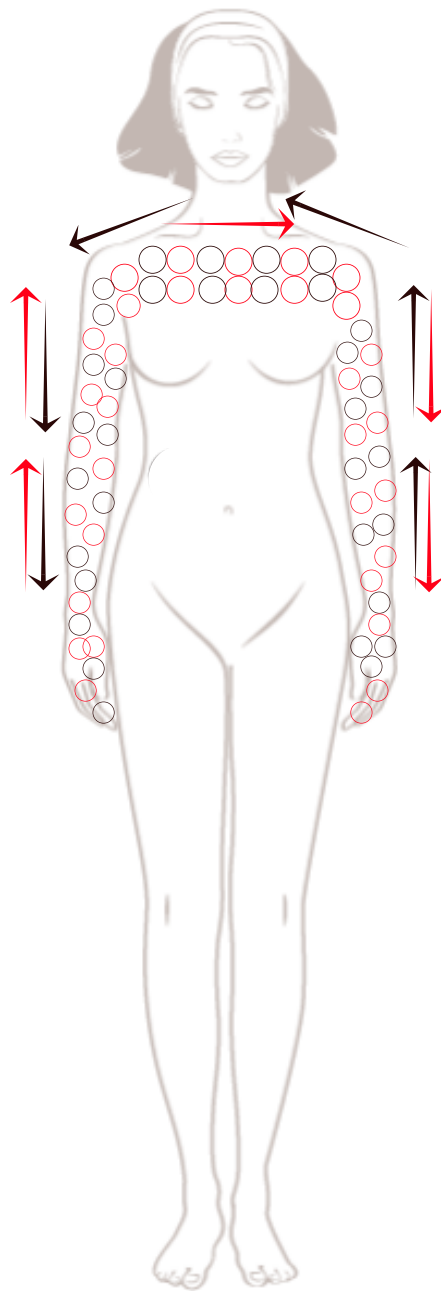
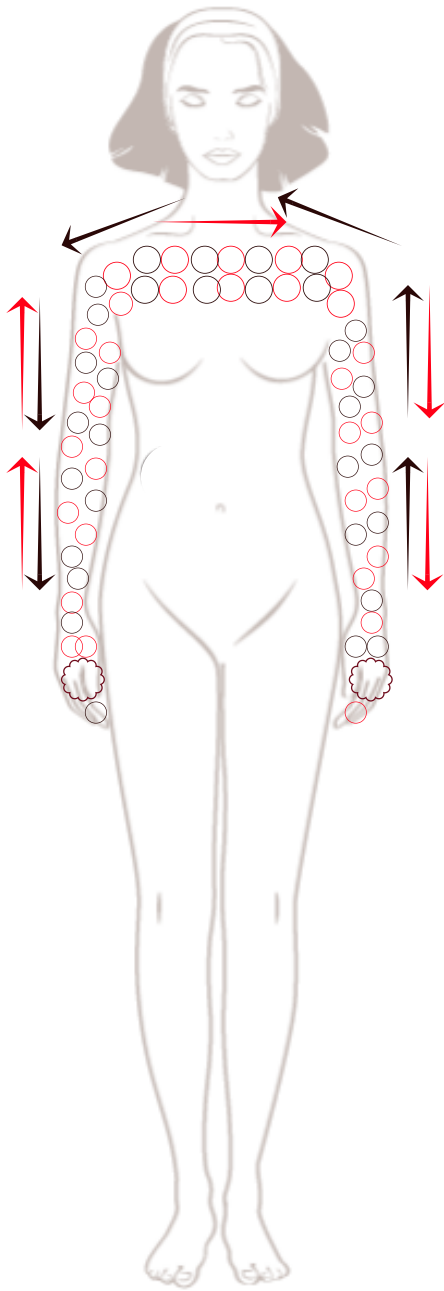
(starting from the hand, move from the left arm to the right, passing across the neckline, outward-return)

- Strolling through the vineyard (presses applied one after another like bear paws, outward-return) x3. Be sure to fully envelop the top and bottom of the hand.
- Running through the vineyard (percussion movements, outward-return) x3
- Cycling through the vineyard (compresses rolled along each side of the leg, outward-return), envelop the top and bottom of the hand.



 Bottom of the hand
 Outward
 Return

 Outward
 Return



Strolling through the vineyard

Bear paws with the compresses, from the left hand to the right, moving along the arms and across the neckline.

Fully envelop the top and bottom of the hands

Running through the vineyard

Percussion movements using the compresses, from the left hand to the right, moving across the neckline.

Quick movements.

Reduce the pressure over the neckline.

Cycling through the vineyard

Roll the compresses, while fully enveloping the hands. Start from the left hand, then move along the arms to work the right hand.



The face and scalp



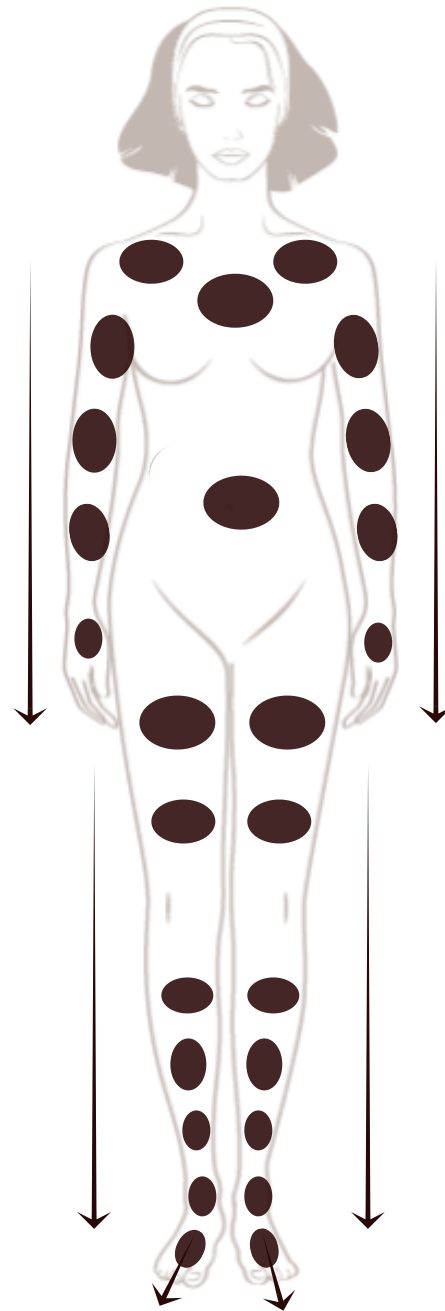
Effleurage of the neckline, face and forehead. With flat hands, smooth out the forehead to the temples.



Pressure points in 4 areas (cheeks, chin and forehead)



Knead the auricular and temporal muscles simultaneously, using your index and middle fingers, then, with both hands, massage the scalp up to the occipital hollow.



With one hand, apply rotating pressure to the crown of the head using your fingertips. Gradually release the pressure, going from strong to moderate to light. Then remove your hand as gently as possible.

- 1: strong pressure
- 2: moderate pressure
- 3: light pressure

Body energizing phase:
Wait 1 to 2 seconds, re-establish contact at the client's shoulders, working your way down the entire body using bear paw movements, and finishing off by stretching the feet.