



First session: Protocol

1. With the client seated, release the subcutaneous tissue and the superficial fascia from the clavicle and the spinous process of the scapula.
2. Release the three superior straps (from Louis Schultz).
3. With the client lying on their back, lay the shoulder blades comfortably on the massage table. Lay the legs in a comfortable position.
4. Light stroking of the skin of the face – only moving the hands on the out-breath
5. Release the subcutaneous fascia in large areas over the whole face.
6. Correct the Atlanto-occipital joint.
7. Release the skin over the sternocleidomastoid muscles
8. Release the “seams” of the face – the line where the skin and fascia of the face meet the skin and fascia of the neck (different innervations for the skin and the rest of the body)
9. Release the skin in the entire face, scalp and throat, taking account of the acupuncture meridians.
10. Release the skin in the entire face.
11. Release the pterigopalatine ganglion
12. Light stroking of the face, only on the out-breath
13. Hold the knees and the feet
14. Let the client lie for a few minutes
15. Slowly bring the client out of their relaxation.



Second session: Protocol

1. With the client lying on their back, lay the shoulder blades comfortably on the massage table. Lay the legs in a comfortable position.
2. Light stroking of the skin of the face – only moving the hands on the out-breath.
3. Release the subcutaneous fascia in large areas and then fastidiously in smaller areas of the upper third of the face, down to the mid-line of the eyes (as a preparation for releasing the muscle layer below).
4. Release/balance the muscles and fascial structures of the second session
 - A. Frontalis
 - B. Occipitalis
 - C. Galea Aponeurosis
 - D. Temporalis
 - E. Temporo-parietal
 - F. Auricularis
 - G. Procereus
 - H. Corregator
 - I. Orbiularis Oculi
 - J. Release the eyelid
 - K. Levator Palpebrae spperior
5. Release the skin in the entire face, scalp and throat, taking account of the acupuncture meridians.
6. Light stroking of the face, only on the out-breath
7. Hold the knees and the feet
8. Let the client lie peacefully for a few minutes
9. Slowly bring them out of their relaxation.



Third session: Protocol

1. With the client lying on their back, lay the shoulder blades comfortably on the massage table. Lay the legs in a comfortable position.
2. Light stroking of the skin of the face – only moving the hands on the out-breath.
3. Release the subcutaneous fascia in large areas and then fastidiously in smaller areas of the middle third of the face, from the mid-line of the eyes to the line separating the two lips (as a preparation for releasing the muscle layer below).
4. Release/Balance the muscles of the second session
 - A. Orbicularis Oculi
 - B. Nasalis
 - C. Levator labii superioris nasi
 - D. Levator labii superioris
 - E. Zygomaticus minor
 - F. Zygomaticus major
 - G. Levator anguli oris
 - H. Masseter
 - I. Orbicularis oris
 - J. Orbicularis Oculi
5. Muscles from C to I release both outside and inside the mouth (stretching is optional):
6. Release the folds of tissue in the malar fat pads.
7. The nose: cartilage at the tip of the nose, the opening of the nostrils and inside the nose.
8. Release the skin in the entire face, scalp and throat, taking account of the acupuncture meridians.
9. Light stroking of the face, only on the out-breath
10. Hold the knees and the feet. Let the client lie for a few minutes. Bring the client back.



Fourth session: Protocol

1. With the client lying on their back, lay the shoulder blades comfortably on the massage table. Lay the legs in a comfortable position.
2. Light stroking of the skin of the face – only moving the hands on the out-breath.
3. Release the subcutaneous fascia in large areas and then fastidiously in smaller areas of the lower third of the face, paying special attention to the chin and include the throat (as a preparation for releasing the muscle layer below).
4. Release/balance the muscles of the fourth session
 - L. Masseter
 - M. Risorius
 - N. Buccinator
 - O. Depressor anguli oris
 - P. Depressor labii inferior
 - Q. Mentalis
 - R. Orbicularis oris
 - S. Platysma
 - T. Lateral pterigoid lateral
 - U. Medial pterigoid
5. Muscles both outside and inside the mouth:
6. Release the skin in the entire face, scalp and throat, taking account of the acupuncture meridians.
7. Light stroking of the face, only on the out-breath
8. Hold the knees and the feet
9. Let the client lie peacefully for a few minutes and slowly bring them out of their relaxation



Fifth session: Protocol: Neck and Throat

1. With the client lying on their back, lay the shoulder blades comfortably on the massage table. Lay the legs in a comfortable position.
2. With the client seated, release the subcutaneous fascia and the superficial fascia in large areas of the back of the shoulder and the and back of the neck,
3. With the client still seated release/balance the first four muscles of the fifth session
 - A. Upper Trapezius
 - B. Levator Scapula
 - C. Supraspinatus
 - D. Infraspinatus
4. With the client lying on their back, lay the shoulder blades comfortably on the massage table. Lay the legs in a comfortable position.
5. Light stroking of the skin of the face and throat – only moving the hands on the out-breath.
6. Release the subcutaneous fascia in large areas of the throat, back of the neck, and shoulders
7. Release/balance the remaining muscles of the fifth session
 - E. Suboccipital muscles (using acupuncture reflex points)
 - F. Platysma
 - G. Scalenes
 - H. Sternocleidomastoid muscles
 - I. Mylohyoid
 - J. Gleniohyoid
 - K. Digastricus
 - L. Sylohyoid



- M. Sternohyoid
 - N. Thyrohyoid
 - O. Sternohyod
 - P. Omohyoid
 - Q. Release the throat – esophagus and pharynx
 - R. Stretch the esophagus
 - S. Stretch the peritoneum
8. Release large areas of the skin over the throat and the back of the neck
 9. Light stroking of the face and throat, only on the out-breath
 10. Hold the knees and the feet
 11. Let the client lie peacefully for a few minutes
 12. Slowly bring the client out of their relaxation