

VERTO and SCULPTURING MASSAGE

Course Syllabus

Theory

Aims of the Verto and Sculpturing massage methods
The results of experimental researches
Contemporary approach and knowledge of the skin structure, subcutaneous fat and musculoskeletal system
Metabolism
Hormonal balance. Moon calendar
Computer program ASTRONICA
Anthropometric measurements (caliper)
Age- related changes of the skin, subcutaneous fat and musculoskeletal system
Characteristics of the puerperal period.
Menopause, climacteric syndrome
Physiological mechanism of the massage technique
Massage and cellulite. The causes and grades of cellulite
Stretch marks. Preventive care and treatment
Various massage schemes and structures in accordance with the chosen procedure direction
Methods of exposure of bioactive spots
The Massage of Reflexology Zones
Aromatherapy, creams' and gels' active components and essential oils selection for increasing the efficiency of various massage procedures (anti-oxidant, skin cleansing, body toning, inducing lipolysis and relieving climacteric syndrome)
Usage of retinol, algae, clay, mud, vegetables, fruit, honey, chocolate, peat, grapes and coffee in the Sculpturing and VERTO massage
Individual adjustment of procedures in massage course
The time distribution for individual body parts
The most effective movements when massaging individual body parts
Combination of apparatus massage techniques with manual exposure
Recommendations for diet change or alternations in the physical activity regimen.

Practice

Identification of the body areas which require correction
Exercises with caliper. Fat rate calculation
Muscle strain and relaxation. Hypertonus, tonus, muscle hypertonus
Patterns used to choose the most effective time for Massage
Main and accessory techniques in Massage
Techniques of the massage procedures
Emphasized impact on skin and subcutaneous fat
Emphasized impact on musculoskeletal system
Selection of reflexogenic zones for conducting the necessary procedures
Development of massage techniques emphasizing the skin and subcutaneous fat areas
Development of massage techniques emphasizing the musculoskeletal system
Strained muscle massage
Power and tonus increase massage
Massage techniques adjustment in accordance with the personal characteristics of the client
Selection of the necessary bioactive spots for various massage aims (puerperal period, menopause)
Massage of certain body parts
Acupressure
Possible mistakes
Selection of reflexogenic zones for conducting the necessary procedures
Hand, foot and auricle reflexogenic zones massage
Personal technique adjustment
General massage.