

BODY MASSAGE

MASSAGE WITH A DECONTRACTING
AND DRAINING ACTION

DTM
Deep Tissue Mobilization



BIOLINE
JATÒ

DTM

Massage with a decontracting and draining action

The DEEP TISSUE MOBILIZATION MASSAGE is a preparation technique and acts as a support for the different Bioline Jatò Body Concept Treatments, according to the **Bioline Jatò® System**.

Thanks to its characteristics and functions, the DTM massage can be combined with all the Bioline Jatò body treatments, since it stimulates the receptiveness of the tissues, for immediate and visible results.

The DTM massage works deeply on the connective tissue (where blemishes linked to cellulite and fluid retention are) with a draining and relaxing action on the tense muscles.

The DTM massage is a sectorial technique that works on four different body parts: feet, inferior limbs, abdomen and back. The aesthetician may perform the DTM massage in a single session or she may concentrate on a specific area, according to the client's need.

This massage is done without the use of oils or creams, on a well-hydrated skin. The manoeuvres are performed with a few drops of Bioaroma, chosen in line with the treated areas.

If the client's skin is particularly dry, Bioline Jatò suggests the use of a reduced quantity of Body Concept Hydrasource Body Lotion, in order to favour the flow of the manoeuvres.





Frequent Manoeuvres

- SUPERFICIAL STROKING
- UNTANGLING MANOEUVRES THAT RELIEVE TENSION IN THE TISSUES
- LTM (LONG TRACTION MANOEUVRES)
- STM (SHORT TRACTION MANOEUVRES)
- CIRCULAR FRICTIONS
- BRACELET SQUEEZING

Effects

- It improves the flexibility of the connective tissue
- It favors a considerable reduction of stagnant lymph especially in the inferior limbs
- It stimulates the microcirculation allowing an accelerated removing of toxins
- The tissues become more receptive to the absorption of active ingredients

Contraindications

- Skin that is not intact
- Inflamed states
- Pregnancy
- Severe cardiac problems
- Joint replacements

PHASE 1

Foot

Client in supine position; apply a few drops of Bioaroma Normalizing DTX oil under the feet.



01

Superficial stroking on the top and the sole.



02

Untangling manoeuvres with rhythmic traction of the foot.



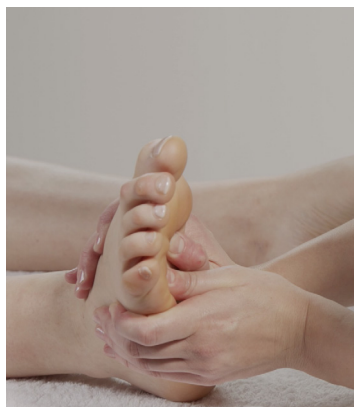
03

Untangling manoeuvres on metatarsals.



04

Vertical traction of the toes combined with a light rotation.



05

Fan manoeuvres on dorsal foot and on the sole of the foot using thumbs.



06

STM at the base of the toes.

**07**

Circular friction with thumbs along the groove, between the tendons up until the ankle, alternating with LTM.

**08**

STM with your fingers around the medial and lateral malleolus.

**09**

STM with thumb along the outer border of the dorsal foot towards the sole (using the opposite hand to the part being treated).

**10**

With the knee bent, LTM from the back of the heel towards the dorsal foot.



11

Sole of the foot: circular friction with thumbs along the whole sole of the foot continuing with circular frictions at the base of the toes and on each toe (working on 5 areas).



12

STM in an outwards direction along the whole perimeter of the foot.



13

Untangling articular manoeuvres, with rhythmic traction of the foot.

Repeat on the other foot (from point 1 - 13).



PHASE 2

Inferior limb - anterior part

Client in supine position.

**01**

Superficial stroking along the whole inferior limb.

**02**

Untangling of the limb with traction on whole limb.

**03**

Untangling tension manoeuvres of the hip.

**04**

LTM along the crest of the tibia.



05

STM along the crest of the tibia. Apply a few drops of Bioaroma Energy on the gastrocnemius (twin muscles) and popliteal cavity.



06

STM on the lateral surface of the gastrocnemius muscle internal and external (with flexed limb hold the knee with one hand).



07

STM around the patella (rotula) working inwards with limb distended.



08

Mobilizing of the patella (rotula).

**09**

LTM along the inner part of the knee diagonally across the thigh towards the trochanter on three levels.

**10**

STM on the inner part of the knee diagonally across the thigh towards the trochanter on three levels.

**11**

Bracelet manoeuvres (short, medium, long) with thumbs along the thigh on three levels.

**12**

Superficial stroking along the whole inferior limb.

Repeat the maneuvers on the other limb (from point 1 - 12).



PHASE 3

Abdomen



01

Contact by placing hands on abdomen.



02

Clockwise rotating stroke with alternating hands.



03

Rotating stroke with the top of the hand on the centre of the abdomen.



04

LTM along the arch of the rib outwards on many lines.

**05**

LTM along the iliac crest towards symphysis pubis on many lines.

**06**

STM along the arch of the rib towards the belly-button.

**07**

STM from the iliac crest towards the belly-button.

**08**

STM around the belly-button inwards and outwards.



09

Wave rolling movement on the whole abdomen from one side to the other.



10

Final abdomen stroke.



FASE 4

Inferior limb - posterior part

Client in prone position.

**01**

Superficial stroking along the whole inferior limb.

**02**

Untangling tissue manoeuvres with traction of the limb.

**03**

With flexed leg, traction of the ankle.

**04**

LTM of the Achilles tendon up to soleus muscle (junction of twin muscles) with 2 fingers.



05

Bracelet manoeuvres along gastrocnemius up to popliteal cavity (short, medium and long).



06

Inward STM around the popliteal cavity.



07

LTM on thigh, two to the base of the gluteus and a third towards the trochanter.



08

STM on the base of the gluteus in a upwards direction.

**09**

Apply a few drops of Bioaroma Normalizing on the areas with cellulite. LTM on sacrum along the gluteus towards the hip joints.

**10**

Inward STM around the trochanter.

**11**

Superficial stroking of the whole limb.

Repeat the manoeuvres on the other limb (from point 1 - 11).



PHASE 5

Back

Apply a few drops of Bioaroma Relaxing EQL oil along paravertebral grooves.



01

A warm superficial stroking of the whole back.



02

Light pumping and distending on many levels with crossed arms on the whole back.



03

LTM along the paravertebral grooves from sacrum to the base of the cranium.



04

STM along the paravertebral grooves up to the 7th cervical vertebrae.

**05**

Wrapping LTM from the iliac crest towards the sacrum up to the inferior angle of the scapulae first on one side of the back and then on the other.

**06**

Inward STM around the sacrum.

**07**

Inward STM around the scapulae.

**08**

Racking LTM on the scapulae (from the center outwards).



09

Inward STM around the 7th cervical vertebrae.



10

LTM on the trapezius.



11

Conclusion with general stroking of the whole treated area.

A few drops of Bioaroma Softening can be applied to dull zones.



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