



DDM

deep draining massage

EXCLUSIVE BIOLINE TECHNIQUE

MASSAGE WITH A DEEP DETOXINATING AESTHETIC ACTION FOR LEGS/ARMS/BACK

DEEP DRAINING MASSAGE or DDM is a complete massage that takes 60-70 minutes.

Bioline recommends DDM as a valid preparation technique to the different **BODYSENSACTION** treatments in order to improve their effectiveness.

DDM is a drainage with a detoxifying aesthetic action massage. It provides a draining action underneath the skin (adipose tissue) and musculature in order to cleanse the body from waste and toxins loosening tissues' tension.

DDM works on legs, arms and back. The beautician can perform DDM as a single whole session as a complete massage or she can concentrate on a determined district based on the zone that the client necessitates.

We suggest to perform some "clock" circular strokes on abdomen, without performing draining maneuvers because it is a visceral area.

Especially indicated for spongy and infiltrated adipose tissue, musculature full of waste and toxins deriving from strain and inactivity, cellulite phase 1 and 2.

DDM, compared to the classic lymphatic drainage, it doesn't work directly on the water retention using slow, rhythmic and soft maneuvers. It is characterized by deep and enveloping movements aiming to improve the consistence of the tissue, in order to remove waste and toxins and improve also the mobility.

We suggest to repeat each movement from 3 to 5 times.

The specific manoeuvres are:

- Bracelet friction
- "U" Friction (dynamic)
- Raking friction (static and dynamic)
- "A" friction (static and dynamic)
- rhombus shape friction

DDM has several benefits:

- Working on the adipose tissue it favors the elimination of waste and toxins deriving from strain and inactivity
- Promotes the fluids mobilization, loosening the heaviness of legs
- Improves the tissues' sponginess and it is particularly indicated for cellulite phase 1 and 2
- Favors the adipose tissue detoxification improving the mobility

Contraindication to the massage:

- Skin that is not intact
- Inflamed states
- Pregnancy
- Severe cardiac problems
- Severe microcirculation problems (varicose veins)

Client in supine position - leg

Use **BODYSENSACTION** Reducing or Slimming cream with some drops of Bioaroma Energy oil DRN.



1 Superficial stroking on the whole leg enveloping the back part



2 Bracelet friction on the thigh (finishing the maneuver outward)



3 Dynamic U frictions on central, internal, lateral sections of quadriceps (forward and backward)



4 Static and dynamic racking friction on central, internal, lateral sections of quadriceps



5 Static and dynamic A frictions on the 3 sections of quadriceps (central, internal, lateral)



6 Rhombus shape friction along the side of the thigh



7 Friction with thumbs around the patella (rotula) and bracelet on the thigh (finishing the maneuver outward)



8 Flexed leg. Bracelet frictions and dynamic racking frictions on the quadriceps



9
Deep friction with thumb along the crest of the tibia with accompaniment stroke inside the knee till the groin area



10
Soft friction along the internal tibia (C hand shaped) accompaniment stroke inside the knee till the groin area



11
Digital frictions between big and the second toe along the crest of the tibia and accompaniment stroke inside the knee till the groin area



12
Digital friction using flat thumbs along the base of the toes



13
Deep friction on the top and on the sole of the foot



14
Final bracelet on the whole leg



Repeat the maneuvers on the other leg
Perform a slow superficial stroke with hand C shaped on both legs.

Client in supine position

ARM. Put the client's hand on your shoulder.



15 Bracelet friction on the arm



16 Alternating dynamic racking frictions on internal and external arm



17 Put client's arm on the bed. Static and dynamic A frictions along the side of the arm



18 Flexed arm. Alternating frictions with thumbs along internal and external forearm



19 Dynamic racking friction on internal and external forearm (using one hand only)



20 Alternating frictions with thumbs on the top of the hand



21 Frictions with thumbs on the palm from the wrist outwards



22 Fingers' friction with rotating traction



23 Superficial stroking on the whole leg



24 Bracelet friction on the side of the thigh and on gluteus



25 Bracelet friction on the gluteus (towards the iliac crest)



26 Bracelet friction on the gluteus (towards the iliac crest)



27 Static and dynamic racking friction on femoral biceps in two sections



28 Static and dynamic A friction on the side of the thigh



29 Rhombus shape friction on the side of the thigh



Dynamic racking friction on femoral biceps



Friction on gastrocnemius muscle with cup hands



Friction on gastrocnemius with crossed hands



Friction on the side of the Achille's tendon with crossed hands



Friction with fingertips on the side of Achille's tendon and friction towards the popliteal cavity



Friction on the sole of the foot with alternated hands



Bracelet friction on the whole arm, relieve the pressure on popliteal cavity



Repeat the maneuvers on the other leg.
Perform a slow superficial stroke with hand C shaped on both legs.



37 Superficial opening stroke on the whole back



38 Friction with thumbs and palm along the back part of the iliac crest



39 Bracelet friction on the upper part of gluteus



40 Friction with thumbs and palm along the paravertebral grooves til the scapula bone



41 Dynamic U friction along the paravertebral groove



42 Dynamic and static racking friction along the paravertebral groove



43 Static and dynamic A friction on the hip



44 Rhombus shape friction along the hip



45



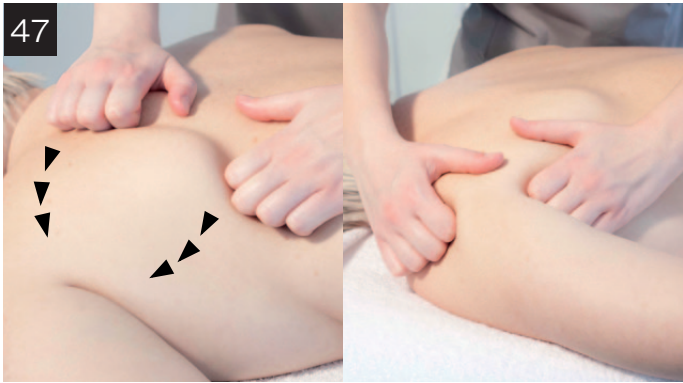
Bracelet friction on the treated area.
Repeat on the other side from point 41

46



Bracelet friction around the scapula

47



Dynamic and static racking friction around the scapula

48



Closing superficial stroke working the side of the back
and on the way back friction with crossed hands along
the paravertebral grooves