

## Golden Sage Restorative Massage (GSRM)

### #1 Neck warm up massage and occipital press-massage



Neck massage, occipital point press with Uke laying on their back on the mat with a rolled towel under their knees. Roll your fingers in to the muscle along the side of Uke's neck as you lift their head slightly with the motion of your fingers. This warms up Ukes muscles on his neck. As you gently slide up into the occipital ridge, gently press and use a gentle circular massage with your middle fingers. The occipital point press (with a slight stretch) and massage is useful for releasing stress.

### #2 Temple Massage



**Use the pad of you thumb    Smooth Down    Do gentle circles    Repeat this process three times**  
This is a combination forehead, temple and neck massage. As you do the above technique your fingers do the neck massage as above. Place the fleshy parts of your hand that are next to your thumbs on Uke's forehead and smooth down to the temple between Uke's eyes and their ear. Massage with circles. You have the option of massaging Ukes occipital points with your fingers at the same time.

### #3 Facial and sinus massage

#### Eyebrow to ear lobe



Press to notch in the eyebrow with you thumbs. Slide your thumbs along the eyebrow to the earlobe. With your thumb and first finger snap off the energy.

**Golden Sage Restorative Massage (GSRM) continued**  
**#4 Forehead press to behind ear**



Press slightly off center of forehead and press every one half inch with your thumbs. Then use your middle and second finger to finish the pattern to behind Uke's ear. Squeeze earlobes and snap off energy with thumb and first finger.

**#5 Face massage**



Start with sinus points at the start of the bridge of the nose with the pad of the first fingers (apply slight pressure). Slide down to next sinus points with the pads of your first fingers besides the nostril (apply slight pressure). Lightly follow the line below the cheek bone with the pads of the thumb. Slide your fingers up below Uke's chin. Then with the pads of your fingers apply light pressure and pull down to the bottom of the chin. Next apply thumb sweep from the middle of their upper lip to the end of their mouth. Then with your thumb pads sweep the upper chin below their lower lips.

**#6 Middle of head press**



Turn Uke's head slightly towards your right. With your right middle finger pad, place it where the spine meets the skull. Pull with your middle finger then press with the pad of your left hand down the center line of Uke's head. Alternate pull with right push a new point every one half inch.

**#7 Scalp massage ending**

With your fingertips lightly massage the scalp. End with slow temple massage.

