

2. • Overview of session

Within this session I worked with client B to relieve tension in their calves. I used effleurage, petrissage and friction techniques to work the built up tension out of the muscles and the tissues.

• Reflective summary.

Before starting the massage I put paper roll on the couch, made sure I had all the oils etc I needed near by and that I had washed my hands and checked that the client had no allergies or contraindications before beginning any treatment. I then started with effleurage followed by petrissage and then frictions before finally finishing off with effleurage again.

• Areas for improvement and action plan.

When carrying out the massage I was confident in performing the various techniques, however I wasn't communicating with my client enough. In the future I need to make sure I'm telling my client exactly what I'm doing and asking them if the pressure I'm using is alright so I know that they're comfortable with what I'm doing and the treatment they're receiving.