

Category rules and recommendations

Swedish massage

The treatment should contain the techniques Effleurage, Petrissage, Tapotement, Friction and Vibration.

- Use of tools is allowed (recommended for maximum 20%)
- Stretching is allowed (recommended for maximum 20%)
- Is mostly performed on a massage table, but can be done on a mattress
- If on Massage Chair the participant should choose the Chair massage category

Sports massage

Sports massage is very similar to Swedish massage. (Read about the Swedish Massage)

- Stretching and mobilization of joints in combination with massage techniques is allowed (recommended for maximum 30%)
- Use of tools is allowed (recommended for maximum 30%)
- It is mostly performed on a massage table or mattress
- We recommend spending the first 30 minutes demonstrating a sports massage aimed at preparing the body for performance. The remaining 30 minutes should be used to demonstrate a sports massage focused on relaxing the body after strenuous activity.
- If on Massage Chair the participant should choose the Chair massage category

Wellness massage

It includes all services that are provided in spa and wellness centers such as Cellulite therapy, Hot stones massage, Bamboo and other wellness techniques.

- Stretching is allowed
- Mobilization of joint is allowed
- The use of special equipment like stones, bamboo, cups is allowed
- It can be performed on a massage table as well as on mattress

- If on Massage Chair the participant should choose the Chair massage category

Nuad Thai / Thai massage (For Health / Relief / Inspiration)

Techniques used in this style aim to relaxation and to the treatment of musculoskeletal as well as psychological issues.

- On Mattress
- Use of tools is allowed (recommended for maximum 20%) However shouldn't put anyone in danger.
- Stretching is allowed
- The receiver is mostly fully clothed
- The use of oil is allowed (recommended for maximum 20%)
- Mobilization of joint is allowed
- Shoes is not allowed in Thai massage
- If on Massage Chair the participant should choose the Chair massage category
- If on Massage table the participant should choose the Freestyle Massage (Eastern) category

Freestyle Massage (Eastern Inspired)

Techniques that are derived from Eastern massage styles such as Shiatsu, Thai massage, Tui na, Acupressure and Reflexology as well other Asian techniques.

- Use of tools is allowed (recommended for maximum 50%)
- Stretching is allowed
- Mobilization of joint is allowed
- The use of oil is allowed
- It is performed on a mattress or on a massage table
- If on Massage Chair the participant should choose the Chair massage category

Freestyle Massage (Western Inspired)

Body Shaping Massage

"Body Shaping" includes all techniques aimed at reshaping and toning the body, such as anti-cellulite massages, lymphatic drainage, and firming techniques.

- The use of specialized tools such as suction cups, rollers, and massage devices is allowed (recommended for a maximum of 40% of the total massage duration).
- The techniques used must not harm the connective tissue or create bruises.
- The use of oils and creams specific to cellulite reduction and firming is allowed and encouraged. Dermocaustic essential oils are prohibited.
- The massage can be performed on a massage table or a mattress. The use of a massage chair is not recommended for this category.
- The techniques should aim to improve the appearance of the skin, reduce cellulite, and tone the muscles.
- Participants must respect the integrity and comfort of the recipient at all times. Any painful or excessive technique is prohibited.
- Massages must be performed in compliance with the highest safety and hygiene standards.

Participants are encouraged to demonstrate their expertise and innovation in applying body shaping techniques while ensuring the well-being and safety of the recipient.

Techniques that are derived from Western massage styles such as Swedish massage, Myofascial release, Muscle energy techniques, Sports massage, California massage and other Western techniques.

- Use of tools is allowed (recommended for maximum 50%)
- Stretching is allowed
- Mobilization of joint is allowed
- The use of oil is allowed
- It is performed on a mattress or on a massage table
- If on Massage Chair the participant should choose the Chair massage category

Chair Massage

The style is mostly performed with the receiver sitting on a special chair. Techniques that are derived from both Western and Eastern inspired massage techniques such as Swedish massage, Thai massage, Shiatsu, Hot stones, as well as many other techniques.

- Use of tools is allowed
- Stretching is allowed
- Mobilization of joint is allowed
- The use of oil is allowed
- It is performed on a chair

Facial massage

It includes all Facial techniques such as Kobido, Japanese Facelifting, Swedish, Wellness as well as many other techniques and services that are provided in spa and wellness centers.

- Use of tools is allowed
- Stretching is allowed
- Mobilization of joint is allowed
- The use of oil is allowed
- Massage of neck, chest and arms is allowed (recommended for maximum 20%)