

Thermal  
Connective Tissue  
Release Techniques

# Pilossage™

It's not just a **H**  **T** Pillow ...it's how you use it!



Introduction To Pilossage

# Creating a memorable experience.

It didn't happen overnight...it took several years to develop these techniques in a manner that would make sense to both your client's body and you...the therapist.

This therapy added to the skill of a trained **Thermal Therapist**, will assist tissues to respond and gently change...without pain... and focus on the 'sweet relief' without pain and guarding. The goal is to create increased relaxation and sense of safety during the therapy session.

**Pillossage** is the total opposite of "no pain, no gain" type of approach!

There are many approaches using heat for just sliding, gliding and pushing. Yet, **Pillossage** has created unique techniques after years of understanding the science behind not only using heat, but becoming aware of the desired action and response.

While learning to work through and with heated, silky smooth Golden Flax and Herbal (unscented for class use) **Mother Earth Pillows®**, the therapist will learn how to apply slow, rhythmic, wave-like shearing & specifically directed compression. Slow directional skin and MFR therapeutic stretches will affect every layer of connective tissues...down to the depth of the periosteum where the deepest pain may reside. This is done without 'poking' or vertical pressure which often causes a guarding response when addressing tender areas or chronic pain.

This modality is ideal for therapists who are looking for techniques to provide skillful therapy that can stand alone or be integrated with other modalities to offer to clients who live with conditions that include chronic pain, high levels of stress or who are in need of rehabilitation.

You will learn to teach your clients novel **Self-Care** techniques so therapy can be continued by the client after the session. Benefits and results achieved using **Thermal Therapy** will last far beyond the massage session. You will learn methods to help clients prolong and accelerate their healing, rehabilitation to decrease chronic pain and improve quality of life. As you learn the 'dance of **Pillossage**', you will find easier ways to offer deep therapy without strain. We are looking forward to seeing you in one of our classes!

## Description

**Pillossage & Thermal Therapy** is a groundbreaking modality that combines hands-on techniques with specifically designed thermal flax pillows. These innovative protocols deepen the therapeutic effect. These skills will help the therapist slowly and gently work through layers of soft tissue to reach deeper layers as needed.

## Mission

The mission of **Pillossage & Thermal Therapy** training is to educate and excite body-workers to successfully integrate the age-old property of heat with compression and stretching in new and creative ways.

IMPORTANT INFO FOR THIS CLASS :

3 class pillows (retail value \$105) will be provided for each student.

Bring a table and a fitted sheet.

Wear comfortable stretchy clothing. Please no jeans, scrubs, shorts.

That's it! Be prepared to have some fun and learn new things.

Presented by Dori Stephens

Dori is a licensed Massage Therapist and educator based in St Louis, Mo. She is passionate about helping other therapists develop skills that will provide them with a long and healthy career, with an emphasis on self care. Licensed since 2005, Dori has been practicing Pillossage since her introduction to Karen Kowal (the developer of Mother Earth Pillows and Pillossage) in 2008. It is her privilege to share techniques and information that will help other therapists create memorable and beneficial treatments for their clients.