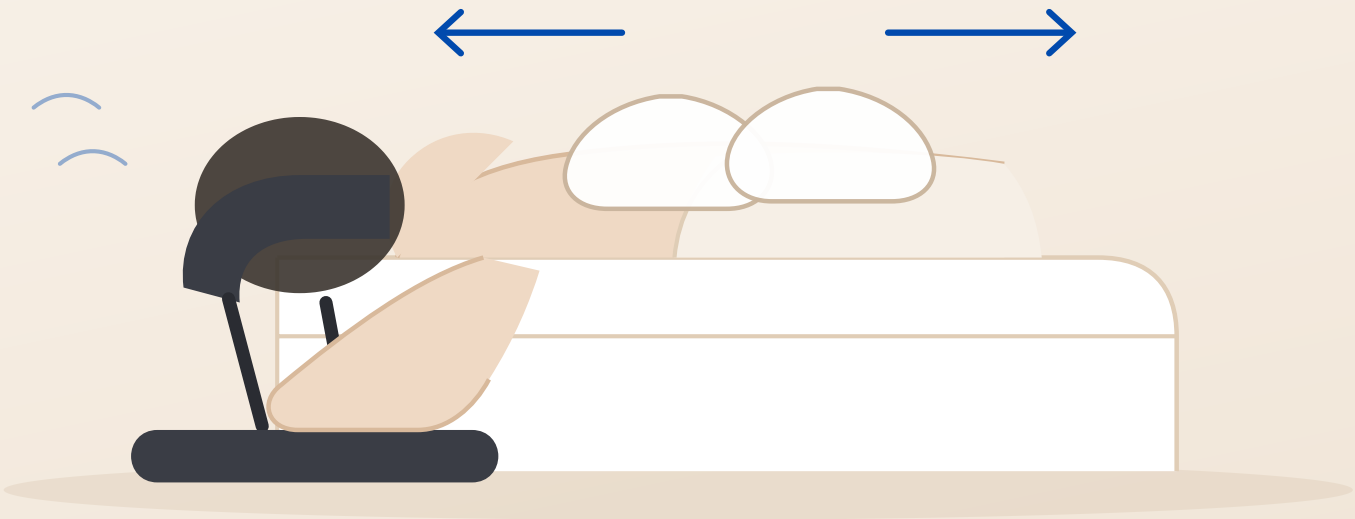
VITABYO™

A FREE GIFT WITH YOUR VITABYO FACE CRADLE

The 10-Minute *Touch*

Twelve massage techniques anyone can give at home — now that the person you love can finally lie down properly.



Written by Rareș Marciu · in collaboration with Vitabyo™

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HOW TO USE THIS BOOK

Read it once.
Then keep it near the bed.

If you have five minutes

Read **Part Two — The Craft** (pages 10 to 14). Those five pages contain almost everything that separates a massage that feels professional from one that feels like being poked. Then pick any single technique and do it tonight.

If you have twenty

Read it front to back. It is built in order: set up the cradle, learn the craft, learn the map of the body, then twelve techniques, then the routines that string them together.

Every technique page is the same

Position, time, pressure and oil at the top. A diagram in the middle. Four numbered steps. And one tip at the bottom — the thing I would tell you if I were standing next to you.

THE TWO POSITIONS

A · FACE DOWN

Face in the cushion, forearms on the board. Nine of the twelve techniques.

B · FACE UP

Head resting in the cushion, neck free. Three techniques, and the best way to finish.

THE PRESSURE SCALE

Every technique shows a pressure rating out of five.



Light — soothing, calming, no muscle work



Firm — real work, still breathing normally



Deep — only with a warm body and a clear yes

BEFORE YOU BEGIN

This booklet describes simple relaxation massage between consenting adults at home. It is not medical treatment and not a substitute for professional care. Read **page 36** before you touch anyone — it lists the situations where massage is the wrong idea. Follow your cradle's own instruction sheet for weight limits and correct fitting.

A NOTE FROM RAREŞ

The hard part was never your hands.

Ask anyone who has tried to give their partner a massage on a bed. Ten minutes in, the person underneath is fidgeting, their neck aches from being twisted to one side, an arm has gone numb, and the whole thing quietly ends.

That is not a technique problem. That is a **position** problem — and you have just solved it. With your face cradle clamped to the edge of the bed, they can lie face down with the spine in a straight line, breathe freely through the opening, and rest their forearms instead of folding them somewhere awkward. Nothing goes numb. Nobody has to turn over every two minutes.

Which means for the first time you can actually work on someone properly — long enough for muscle to warm up, soften and let go, which is the only thing that ever really releases a knot.

This book teaches you twelve techniques. Not one of them requires training, unusual strength, or hands that know what they are doing. What they require is **slowness**, steady pressure, and the willingness to stay in one place longer than feels natural. That is the whole craft. Everything else is detail.

Read Part Two if you read nothing else. Then stop reading and go and use your hands.

Rareș Marciu

12
Techniques
Nine face down, three face up. Each one 60–120 seconds.

3
Routines
A three-minute, a ten-minute and a twenty-minute sequence.

0
Training needed
Everything here can be learned in one evening on one person.

INSIDE

Contents

PART ONE · THE SET-UP

— Meet your cradle 06
— Set up in sixty seconds 07
— The room, the towels, the oil 08

PART TWO · THE CRAFT

— Six rules before you touch anyone 10
— Six tools you already own 11
— The five strokes 12
— Body mechanics — protect yourself 13
— Pressure, breath, and what to say 14

PART THREE · THE MAP

— The back, named 16
— Where the pain actually comes from 17

PART FOUR · FACE DOWN

01 The Long Glide 19
02 Fanning the Shoulders 20
03 Thumb Circles up the Columns 21
04 Between the Blades 22
05 The Shoulder Squeeze 23
06 Forearm Kneading 24
07 Skin Rolling 25
08 The Lower Back & Sacrum 26
09 Percussion to Finish 27

PART FIVE · FACE UP

10 The Neck Release 29
11 Scalp & Temples 30
12 Face & Jaw 31

PART SIX · PUTTING IT TOGETHER

— The 3, 10 and 20-minute routines 33
— Three common complaints 34
— Troubleshooting 35
— When not to massage 36
— Care, thanks & the quick card 37

A WORD ON NAMES

Every technique in this book has a plain-English name and, where it exists, the professional one — *effleurage*, *petrissage*, *tapotement*. You do not need the professional names. They are there because knowing what a thing is called makes it easier to look up later, and because they are the words a massage therapist will use if you ever decide to take this further.

01

PART ONE

The set-up

Everything that happens before you touch anyone. Three pages, ten minutes of your life, and the difference between a massage that lasts ten minutes and one that lasts three.

Meet your cradle — three parts, two positions

Set up in sixty seconds

The room, the towels, the oil

YOUR CRADLE

Three parts, two positions, one very different massage.



SHOWN IN VIOLET · YOUR CRADLE MAY BE A DIFFERENT COLOUR

1 **Face cushion**

The horseshoe opening keeps nose and mouth completely clear, so they breathe normally for ten minutes straight.

2 **Adjustable support**

Height and angle both change. Getting this right takes twenty seconds and decides whether the session is comfortable.

3 **Arm rest board**

Their forearms rest here instead of folding under the chest. Nothing goes numb, so nobody shifts position.

4 **Anchor bar**

Slides under the mattress and is held by the weight of the bed. Nothing to screw, clamp or damage.

POSITION A

Face down

Face in the cushion, forehead and cheeks supported, nose and mouth free. Forearms folded onto the board. The spine stays in a straight line from skull to hips — which is the entire point.

Nine techniques: everything in Part Four.

POSITION B

Face up

They turn over and rest the back of the head in the same cushion, so the head is held while the neck hangs completely free. Your hands get underneath without carrying the weight.

Three techniques: everything in Part Five.

WHY IT MATTERS MORE THAN IT SOUNDS

Lying face down with the head turned sideways rotates the neck for the entire massage. That is why home massages end early — not because the massage is bad, but because the position becomes uncomfortable before the muscle has had time to let go. Muscle needs roughly ninety seconds of steady warmth before it softens. Take the twist away and you finally get to spend it.

SIXTY SECONDS

Set up in sixty seconds.



1. Slide the **anchor bar** under the mattress at the edge of the bed, cushion facing outward over the edge. Press the mattress back down onto it.
2. Set the **height** so the cushion sits level with the mattress surface, or a centimetre below. Too high and the neck tips back.
3. Angle the **arm rest board** so the forearms land naturally with elbows softly bent — not stretched, not tucked under the chest.
4. Push down hard on the cushion with both hands. It must not shift, tilt or creep toward the edge. If it does, the bar is not far enough under.
5. Have them lie down and ask one question: **"Is anything pressing?"** Adjust once. Ten seconds now saves the whole session.

GETTING THE HEIGHT RIGHT

The test is the **back of their neck**. Stand at the side and look along the line of the spine. It should run straight from the base of the skull to the hips.

Cushion too high — the chin tucks toward the chest and the back of the neck rounds. They will feel a stretch that becomes an ache within five minutes.

Cushion too low — the head tips back, the neck compresses, and they will start propping themselves up on their elbows without realising.

FOR TALLER OR HEAVIER PEOPLE

Push the anchor bar further under the mattress rather than tightening the clamps harder. Depth is what holds it; clamp force is not.

If the bed is very soft, put a folded blanket or a board under the sheet where their chest will lie. Otherwise their torso sinks and the cradle ends up relatively too high.

A pillow under the ankles takes strain out of the lower back for anyone who normally sleeps on their side.

CHECK IT EVERY SINGLE TIME

Sixty seconds face down is long enough for a badly seated cradle to creep toward the edge. Do the push-down test before every session, not just the first one — it takes three seconds and it is the only genuinely important safety step in this book.

THE SCENE

The room, the towels, the oil.

You do not need a spa. You need warmth, quiet, and a surface that lets them stop holding themselves up. Three of those four things are free.

DO THIS

- [ ] **Warm the room first.** They are lying still; you are moving. Set it warmer than feels right to you — around 22–24°C.
- [ ] **Phones out of the room.** Not face-down. Out.
- [ ] **One towel under, one over.** Uncover only the area you are working on. Being covered is what lets people let go.
- [ ] **Warm the towels** on a radiator for two minutes. It costs nothing and it is the single most luxurious thing in this book.
- [ ] **Low light, no overhead.** A lamp or a candle. Overhead light through closed eyelids keeps the nervous system awake.
- [ ] **Say the two sentences.** "Tell me if anything hurts." And "You don't have to talk."

CHOOSING AN OIL

OIL	FEEL	NOTES
Sunflower	Light, long glide	Cheapest, in every kitchen. A fine default.
Sweet almond	Medium, silky	The classic. Avoid with nut allergies.
Grapeseed	Light, dry finish	Least greasy. Best for oily or acne-prone skin.
Fractionated coconut	Light, no scent	Does not go rancid. Washes out of sheets well.
Olive	Heavy, slow	Works, but strong smell and stains fabric.
Body lotion	Absorbs fast	Fine for hands and feet. Too draggy for a back.

Essential oils are optional and never go on skin undiluted — three or four drops into a tablespoon of carrier oil is plenty. Skip them entirely in pregnancy, on children, and on anyone with sensitive skin.

HOW MUCH OIL

A coin-sized pool in the palm covers an entire back. Warm it between your hands for five seconds; never pour it straight onto skin.

You need far less than you think. Too much and your hands slide without ever gripping the muscle — which feels like nothing at all. If you are sliding, wipe your hands on a towel and carry on with what is left.

PROTECT THE CUSHION

Lay a clean towel or a folded T-shirt over the face cushion before any session with oil, and wipe the upholstery down afterwards. Oil left sitting on the surface dulls the finish over time.

Four of the twelve techniques need no oil at all. If oil feels like a step too far tonight, start with those.

02

PART TWO

The craft

If you read nothing else in this book, read these five pages. They contain almost everything that separates a massage that feels professional from one that feels like being poked — and none of it is about technique.

Six rules before you touch anyone

Six tools you already own

The five strokes

Body mechanics — protect yourself

Pressure, breath, and what to say

THE RULES

Six rules to read before you touch anyone.

Learn these once. They apply to every technique in this book, and to every massage you will ever give.

RULE 01

Warm hands, always

Cold hands make the body brace, and a braced body cannot relax. Rub your palms together hard for fifteen seconds, or run them under warm water and dry them thoroughly, before you make contact.

RULE 02

Land slowly, leave slowly

Never arrive suddenly. Rest your hands still for three full seconds before you move, and again for three seconds before you lift off. It signals safety — and it is what makes a massage feel finished rather than interrupted.

RULE 03

Slower than feels natural

Beginners move about three times too fast. A gliding stroke up a back should take a slow count of five. Speed feels efficient to you and feels frantic to them. When in doubt, halve it.

RULE 04

Lean, never grip

Pressure comes from your body weight travelling through a straight arm, not from squeezing with your fingers. Grip and your hands are dead in two minutes. Lean and you could do this for an hour.

RULE 05

Never break contact

Lifting both hands off mid-massage feels, to someone deeply relaxed, like being dropped. Keep at least one hand resting on the body whenever you move position or reach for oil.

RULE 06

Never on the bone

Work either side of the spine, on muscle. Skip bruises, moles, varicose veins, the front of the throat, the back of the knee, and anywhere they say "not there". Bone is never a target.

NAILS, JEWELLERY, AND WHERE YOU STAND

Short nails, no rings, no watch — run your fingernail down your own forearm first; if you can feel the edge, they will feel it ten times worse. And stand at the **side** of the bed, level with their waist, not at the head. From the side you can drop your weight in. From the head you can only push with your arms, and you will be tired in four minutes.

YOUR EQUIPMENT

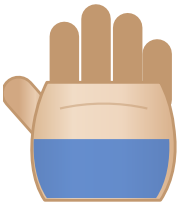
Six tools you already own.

Beginners use their fingertips for everything and their hands ache after five minutes. Professionals switch tools constantly. Each one delivers a different amount of pressure over a different amount of surface — that is the only difference between them.



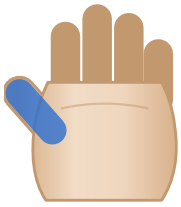
1 · Flat palm

Widest, gentlest. Warms, spreads oil, calms. The whole surface of the hand moulds to the body. Used for every Long Glide and every closing hold.



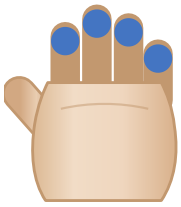
2 · Heel of the hand

Broad and strong. The pad below the thumb takes your full body weight without any effort from your fingers. Best on thick muscle — glutes, thighs, the sides of the back.



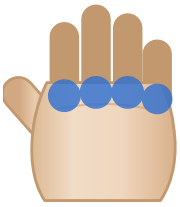
3 · Thumbs

Precise and deep. The scalpel of the set. Excellent for finding knots, terrible if overused — thumbs tire faster than anything else. Keep them straight and stacked under a straight arm.



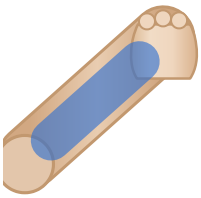
4 · Fingertips

Light and searching. For the scalp, the face, the neck, and anywhere bony. Also how you *find* things — fingertips read tissue better than any other part of the hand.



5 · Knuckles

Deep and narrow. Make a loose fist and use the flat of the middle joints. Gives you thumb-level depth without wearing your thumbs out. Never use it on a bony area.



6 · Forearm

Deepest and broadest. Enormous pressure with zero effort, because it comes from your shoulder. Use the soft underside only — never the pointed elbow.

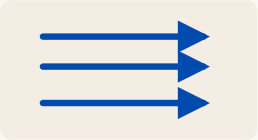
THE RULE THAT SAVES YOUR HANDS

If a tool starts to ache, you have used it too long. Switch. A ten-minute massage should use at least four of these six, and your hands should feel fine afterwards. Aching hands are not a sign of effort — they are a sign of using the wrong tool for the job.

THE VOCABULARY

The five strokes.

Every massage tradition in the world is built from five basic movements. Every technique later in this book is one of these five applied to a particular place. Learn the five and you can improvise for the rest of your life.



1 · Effleurage — gliding

Long, smooth, unbroken strokes with a flat hand. Spreads oil, warms tissue, and tells the nervous system it is safe. Every massage opens and closes with it, and you return to it between every other stroke. **Pressure: light to medium. Speed: slow.**



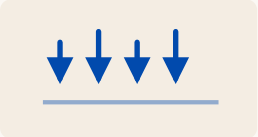
2 · Petrissage — kneading

Lifting, squeezing and rolling muscle between your hands, like slow bread dough. Pulls muscle away from the bone, pushes blood through it, and is the stroke that actually softens a tight shoulder. **Pressure: medium to firm. Speed: rhythmic.**



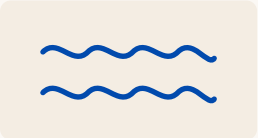
3 · Friction — small deep circles

Small, focused, static circles with thumbs or fingertips, pressing into one spot rather than travelling over it. This is the stroke that breaks up an actual knot. Use it sparingly — thirty seconds in one place is a long time. **Pressure: firm. Speed: very slow.**



4 · Tapotement — percussion

Light, fast, springy tapping with the sides of the hands or loosely cupped palms. Wakes the body up rather than calming it — so it belongs at the end of a morning massage, never at the end of one before sleep. **Pressure: light. Speed: fast.**



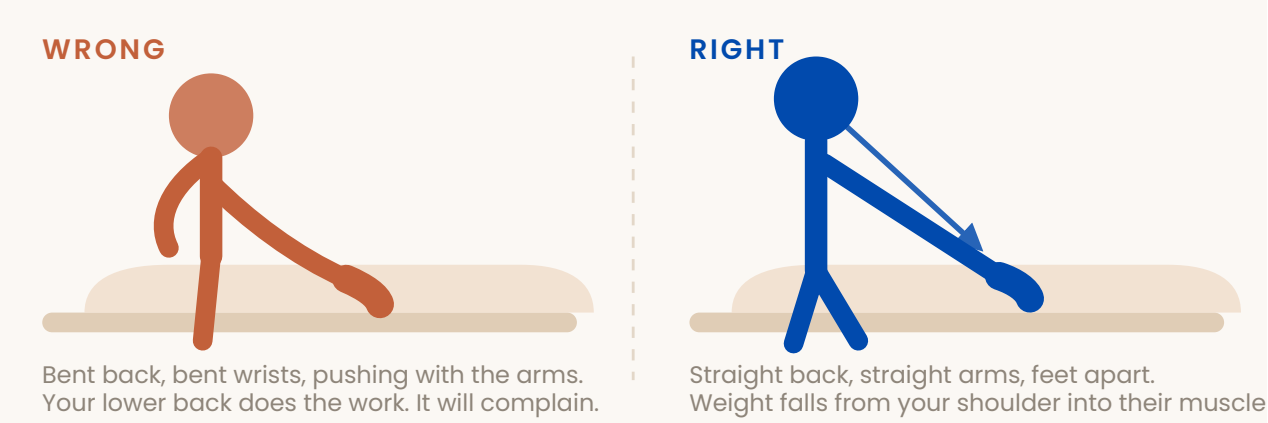
5 · Vibration — shaking

A fine tremble transmitted through a still hand, or a gentle rock of the whole body. Used to release a muscle that has stopped responding to pressure, and to end a session — a slow rock down the length of the back is the best full stop there is. **Pressure: light. Speed: steady.**

PROTECT YOURSELF

Your body is the engine. Your hands are just the contact.

Almost everyone who gives up on massage gives up because their hands, wrists or lower back start hurting. That is always a mechanics problem, never a strength problem. Fix these four things and you can work for an hour without noticing.



PRESSURE IS GRAVITY, NOT EFFORT

01

Feet apart, one foot forward

Stand in a walking stance at the side of the bed, not square on. Then you can shift your weight forward and back with your legs instead of bending at the waist.

02

Straight arms, locked wrists

Keep a straight line from shoulder through elbow to wrist. A bent wrist under load is how people give themselves tendon pain. If you cannot reach without bending, move your feet.

03

Lean, don't push

To increase pressure, shift your body weight forward over your hands. To decrease it, shift back. Your arms never change. This is the single most useful sentence in the book.

04

Bed height matters

If the bed is low, kneel on the floor or on a cushion rather than stooping. Working bent over a low bed for ten minutes will hurt you more than it helps them.

COMMUNICATION

Pressure, breath, and what to say.

THE 1–10 SCALE

Agree on it before you start, then you never have to guess. Say: *"One is a feather, ten is too much. Tell me the number any time."*

LEVEL	WHAT IT FEELS LIKE
1–3	Pleasant, soothing, no muscle work. Right for the first two minutes, for the neck, and for anyone new to massage.
4–6	**The working range.** They feel real pressure, can still breathe normally, and would describe it as "good".
7–8	"Hurts good." Only on warm muscle, only with an explicit yes, and never for more than thirty seconds in one spot.
9–10	Too much. They hold their breath, tense against you, or go quiet. Back off immediately — you are now making the muscle tighter, not looser.

THE HELD-BREATH RULE

The body tells you before the mouth does. If their breathing stops, catches, or goes shallow, you have crossed into 8+. Reduce by half and wait for the breath to return before you go anywhere near that depth again.

BREATHING TOGETHER

This is the closest thing to a trick in this book, and it costs nothing.

- [ ] **Sink on the out-breath.** Watch their back rise and fall. Increase pressure only as they breathe *out* — muscle is softer then, and the same depth feels gentler.
- [ ] **Ease off on the in-breath.** Hold your depth steady rather than pushing against an expanding ribcage.
- [ ] **Slow your own breathing.** People unconsciously match the breathing of the person touching them. If you want them calm, be calm first.
- [ ] **Ask for one deep breath** before you work a stubborn spot: "Big breath in… and let it all go." Then sink as they exhale.

WHAT TO SAY — AND WHEN TO STOP

MOMENT	SAY THIS
At the start	"Tell me if anything hurts. And you don't have to talk."
First contact	"I'm going to start light and build up."
Checking in	"Where's that out of ten?" — not "Is that okay?", which everyone answers yes to.
On a knot	"Found something. Do you want me to stay here or move on?"
Changing area	Nothing. Just keep one hand in contact and move.
At the end	"Take your time getting up. There's water there."

After the first two minutes, stop talking altogether unless they start. Silence is not awkward during a massage — it is the product.

03

PART THREE

The map

You do not need to memorise anatomy. You need to know six areas by feel, know which one you are on, and know the one place you must never press. Two pages.

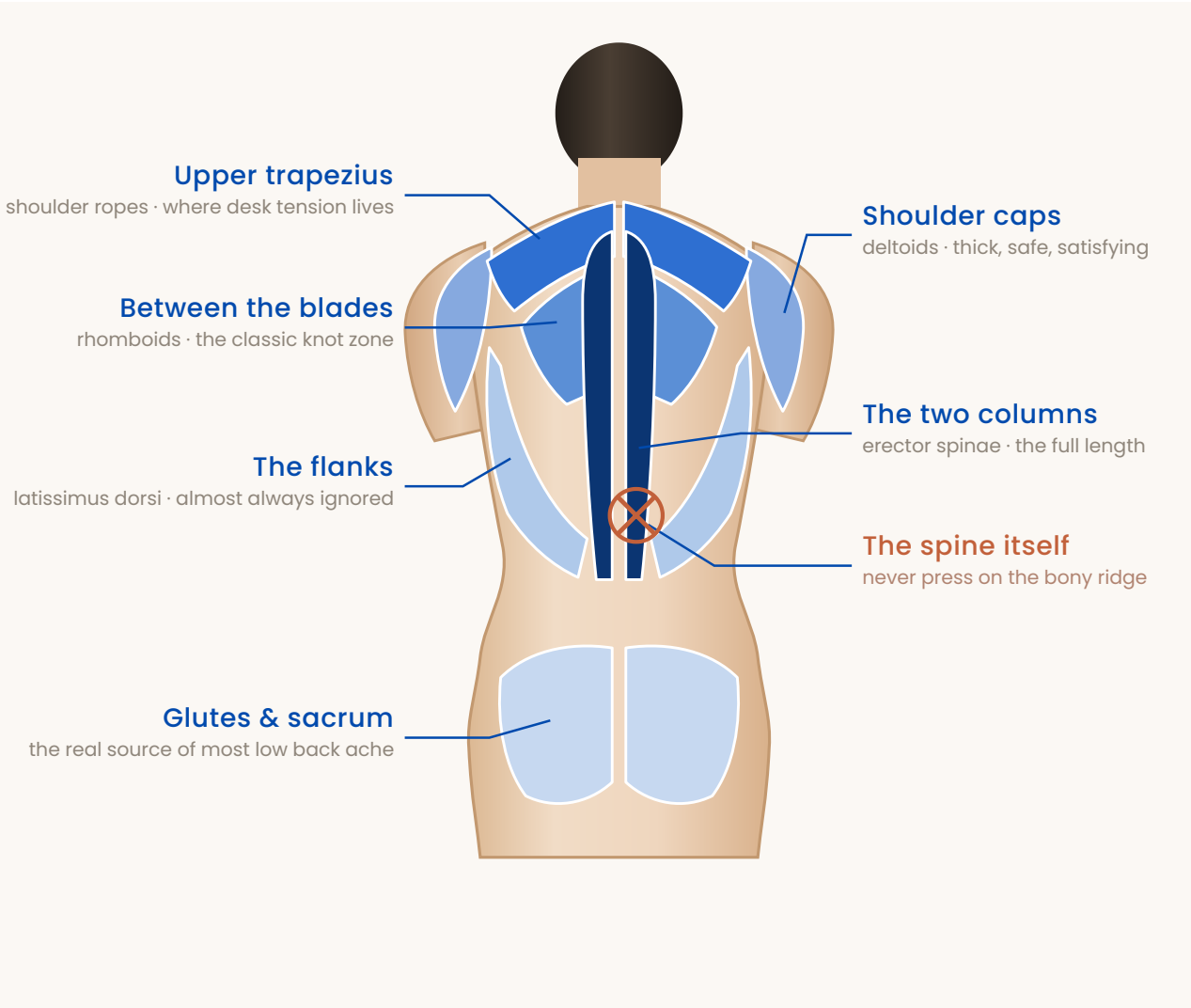
The back, named

Where the pain actually comes from

ANATOMY, THE USEFUL HALF

The back, named.

Six areas. Learn to tell them apart by touch and you will always know what you are working on — and, more importantly, what you are not.



VIEWED FROM BEHIND · BOTH SIDES ARE IDENTICAL, ALWAYS WORK THEM EQUALLY

How to find them by feel

Run a flat hand slowly down from the neck. You will feel a broad soft slope (trapezius), then two firm ropes either side of a hard ridge (erector spinae beside the spine), then a softer wide area at the sides (the flanks).

Muscle vs bone

Muscle gives and springs back. Bone does not move at all and often feels sharp-edged. If what is under your thumb does not yield at all, move two centimetres and try again.

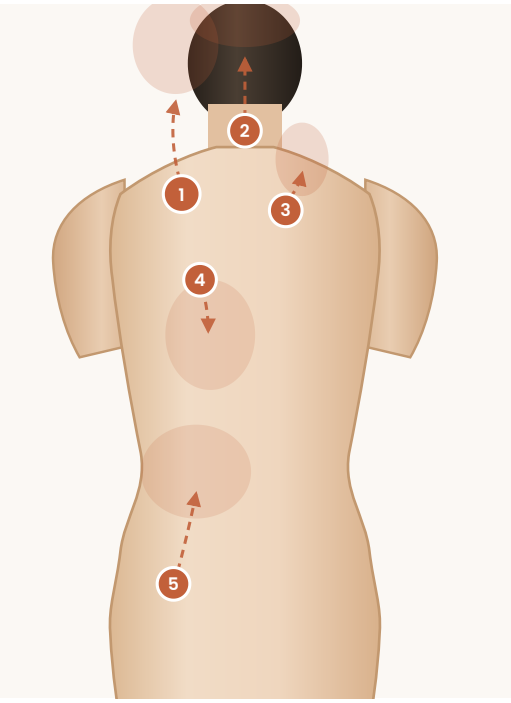
What a knot feels like

A small firm lump inside soft tissue, like a pea or a taut cord. Press it and they will react before you ask. Those are the spots worth thirty seconds of patience.

REFERRED PAIN

Where the pain actually comes from.

This is the most useful idea in the book. A tight muscle very often hurts **somewhere else** — the place that aches is frequently not the place that needs work. Which is why massaging a headache at the temples helps for five minutes, and massaging the shoulder that caused it helps for two days.



PRESS THE DOT · RELIEF ARRIVES IN THE SHADED AREA

1. **Upper trapezius**

   Press:
   the rope on top of the shoulder, halfway out.
   Felt as:
   an ache up the side of the neck and behind the eye — the classic tension headache.

2. **Suboccipitals**

   Press:
   just under the bony ridge at the base of the skull.
   Felt as:
   a band around the back and top of the head — the "hat too tight" headache.

3. **Levator scapulae**

   Press:
   where the neck meets the top inside corner of the shoulder blade.
   Felt as:
   a stiff neck that will not turn — blamed on sleeping badly.

4. **Rhomboids**

   Press:
   between the shoulder blade and the spine.
   Felt as:
   a deep burning ache between the blades that nobody can reach themselves.

5. **Gluteus medius**

   Press:
   the upper outer corner of the buttock, below the hip bone.
   Felt as:
   low back pain. A very large share of "my lower back hurts" is actually this.

HOW TO USE THIS

Spend a minute where it hurts — then three minutes on the muscle above it in this list. Ask afterwards whether the original ache has *changed*. When it has, you have found the real culprit.

04

PART FOUR · POSITION A

Face down

Nine techniques, done with their face in the cushion and their forearms on the board. Work through them in order the first three times — the sequence is built so each one prepares the next.

01 · The Long Glide

02 · Fanning the Shoulders

03 · Thumb Circles up the Columns

04 · Between the Blades

05 · The Shoulder Squeeze

06 · Forearm Kneading

07 · Skin Rolling

08 · The Lower Back & Sacrum

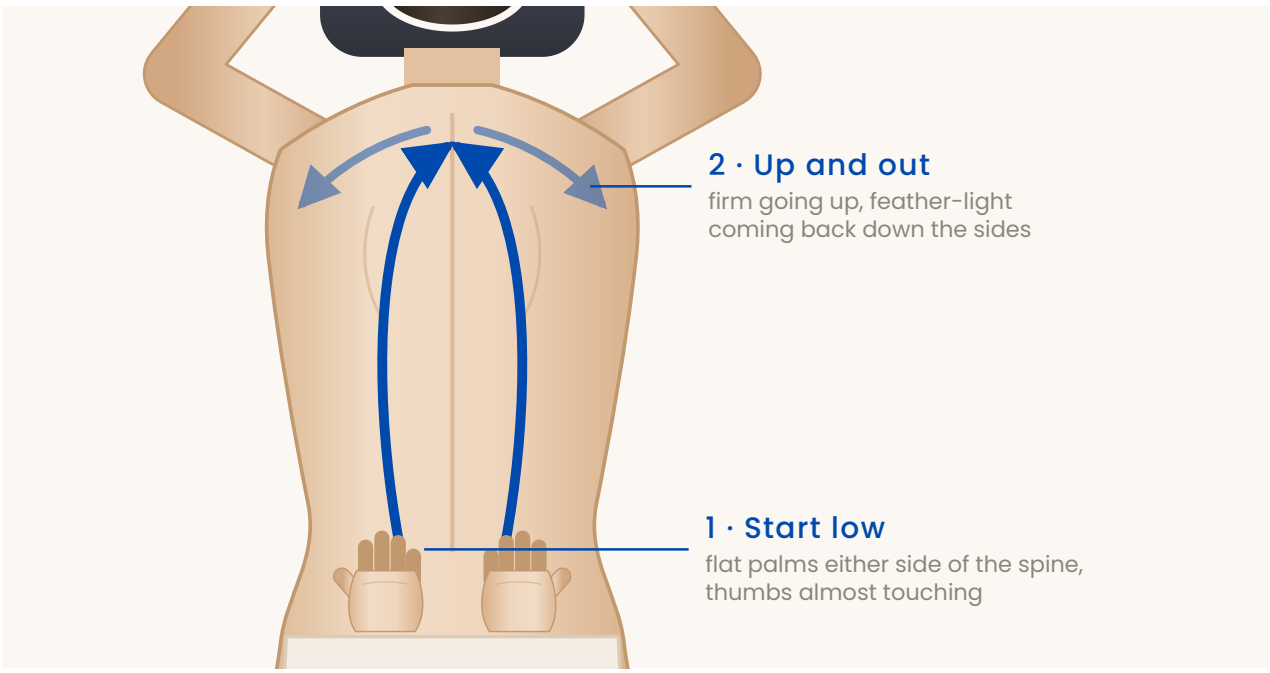
09 · Percussion to Finish

TECHNIQUE ONE · EFFLEURAGE

The Long Glide

The stroke every massage opens and closes with. It spreads the oil, warms the whole back, and tells the nervous system it is safe to switch off.

POSITION	TIME	PRESSURE	TOOL	OIL
A · FACE DOWN	2 minutes	●●○○○	Flat palms	Yes — coin-sized



ONE CONTINUOUS LOOP · NEVER LOSE CONTACT WITH THE SKIN

1. Stand at their side, level with the waist, in a walking stance. Warm oil between your palms, then lay both hands flat on the lower back either side of the spine. Wait three seconds without moving.
2. Glide firmly all the way to the shoulders over a slow count of five, leaning your body weight forward through straight arms.
3. At the top, fan your hands out across the shoulders, then draw them back down the sides of the body with almost no pressure — light enough to be pleasant, never so light it tickles.
4. Repeat ten to twelve times without lifting your hands off the skin once. Firm going up, feather-light coming down. That contrast is the entire effect.

RAREȘ'S TIP

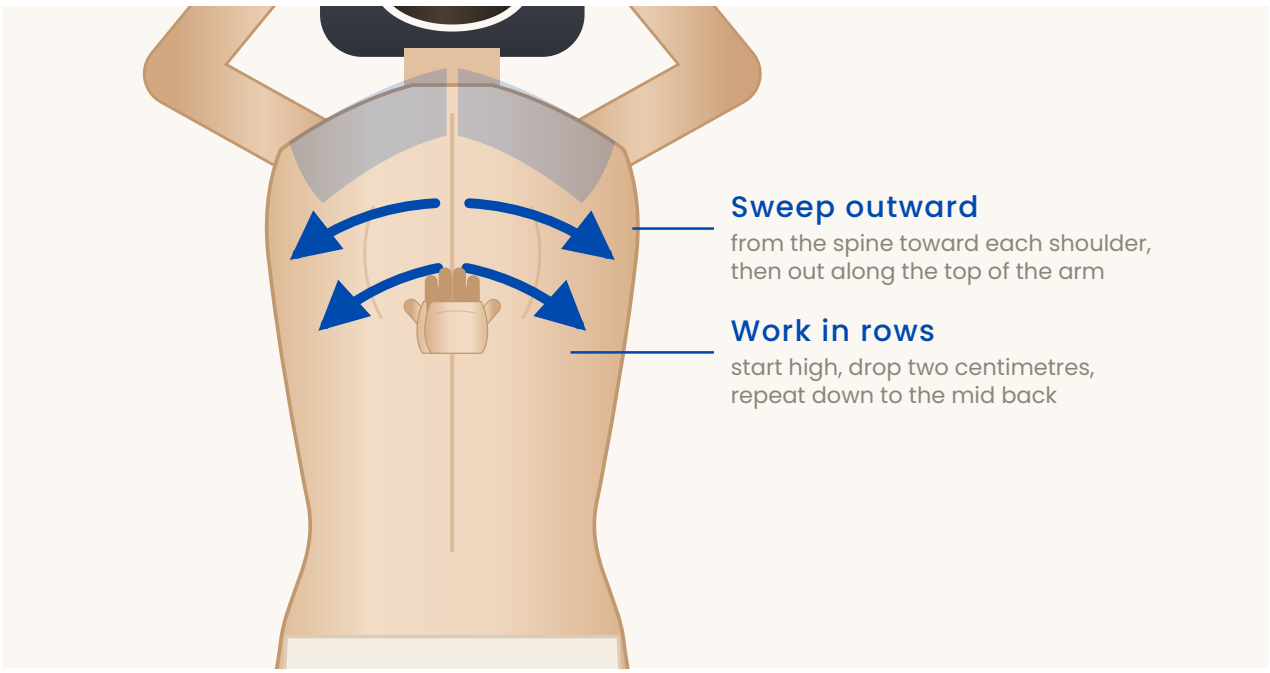
Count it in your head: **five up, five down**. Beginners do this stroke in two seconds and it feels like being wiped with a cloth. At five seconds it feels like a professional massage. Same movement — only the speed changed.

TECHNIQUE TWO · EFFLEURAGE

Fanning the Shoulders

The Long Glide's twin, worked across the body instead of along it. It opens the upper back and is the fastest way to make someone's shoulders physically drop.

POSITION	TIME	PRESSURE	TOOL	OIL
A · FACE DOWN	90 seconds	●●●○○	Flat palms + heels	Yes



BOTH HANDS MOVE AWAY FROM THE SPINE AT THE SAME TIME

1. Place both hands flat in the middle of the upper back, thumbs either side of the spine, fingers pointing toward the head.
2. Press down gently and slide both hands **outward** at the same time, away from the spine and across toward the shoulders, finishing out over the top of each arm.
3. Return along the same path with no pressure, drop two centimetres lower down the back, and repeat. Work your way down as far as the bottom of the shoulder blades, then back up.
4. On the last three passes, let the heel of your hand lead and press slightly harder into the meat just below the shoulder blade. Finish with one full Long Glide.

RAREȘ'S TIP

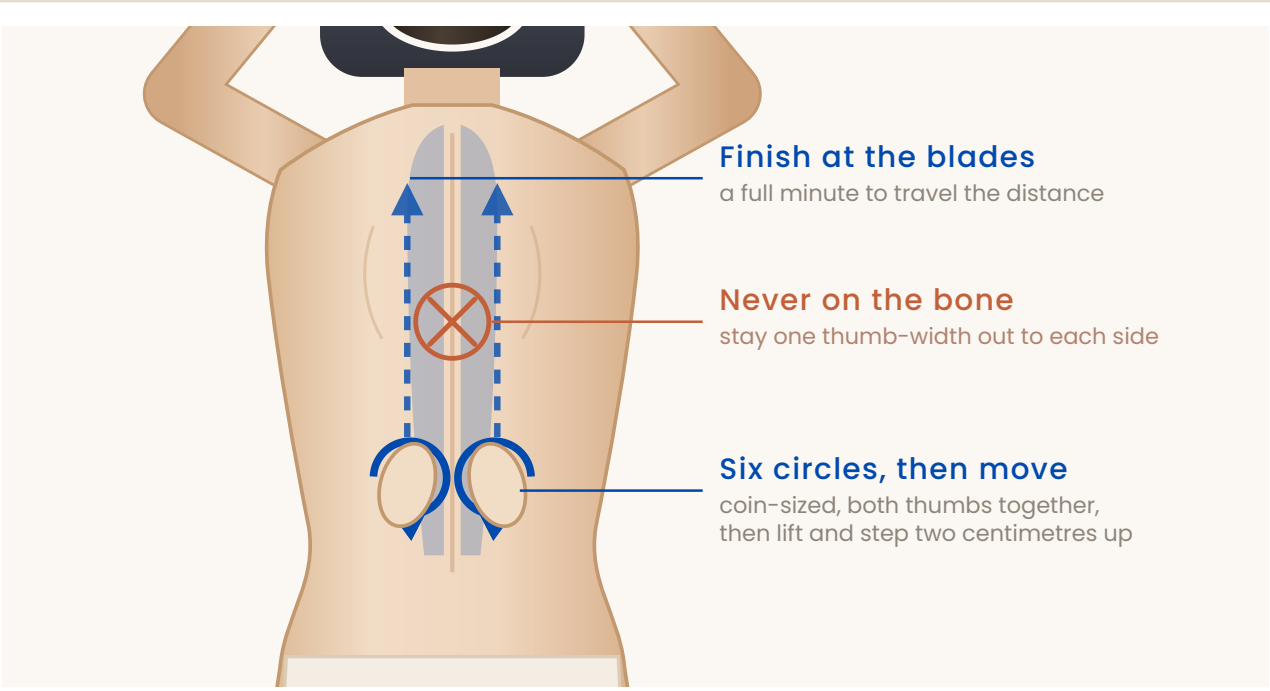
Watch the shoulders, not your hands. Almost everyone holds their shoulders a centimetre or two up toward their ears without knowing. When they finally drop, you will see it — and that is the moment the rest of the massage starts working.

TECHNIQUE THREE · FRICTION

Thumb Circles up the Columns

Where the gliding strokes warm everything, this one finds the actual knots — in the two ropes of muscle that run the whole length of the spine.

POSITION	TIME	PRESSURE	TOOL	OIL
A · FACE DOWN	2–3 minutes	●●●●○	Thumbs	Yes — light



WALK UP IN SMALL STEPS · NEVER ONE LONG DRAG

1. Place both thumbs on the muscle just above the waistline, about one thumb-width out from the spine on each side. You should feel soft muscle, never a hard ridge.
2. Press in and make small circles the size of a coin, using your body weight rather than thumb strength. Six circles, then lift, step two centimetres up, and repeat.
3. Walk your way up the back like that all the way to the shoulder blades. It should take a full minute to travel the distance. If you arrive in twenty seconds you are rushing.
4. When you find a spot that makes them react, stop stepping. Rest the thumb there, reduce to half pressure, and hold for thirty seconds while they breathe out slowly. Then carry on up.

RAREȘ'S TIP

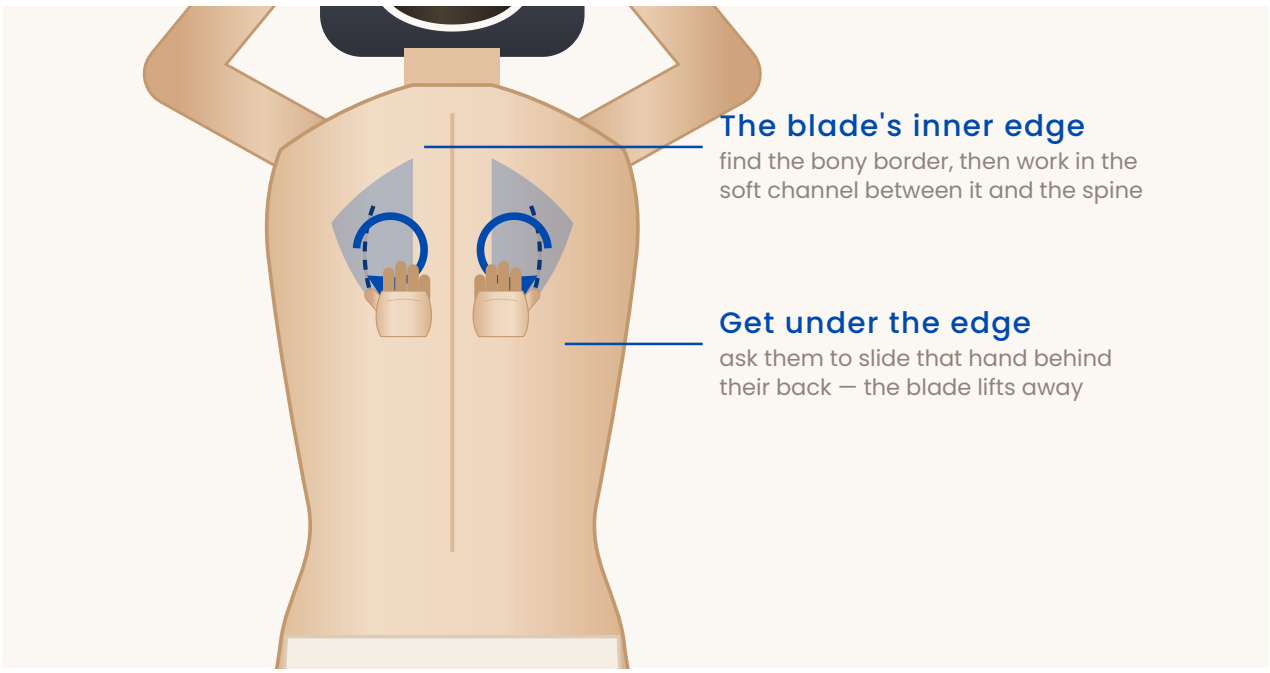
Your thumbs will tire fast because beginners bend them. Keep the thumb straight and stacked directly under a straight arm, then lean your body in. The pressure should travel from your shoulder, down the arm, into the thumb — like leaning on a walking stick, not like pressing a button.

TECHNIQUE FOUR · FRICTION

Between the Blades

The spot everyone tries to reach themselves and cannot. If your person works at a desk, this is the technique they will ask for by name from now on.

POSITION	TIME	PRESSURE	TOOL	OIL
A · FACE DOWN	2 minutes	●●●●○	Thumbs or knuckles	Optional



WORK ONE SIDE AT A TIME · THIS AREA REWARDS PATIENCE MORE THAN PRESSURE

1. Find the shoulder blade with a flat hand — it is the large flat bone you can feel moving when they shift their arm. Trace its **inner edge**, the border nearest the spine.
2. Work the channel between that edge and the spine with slow thumb circles or the flat of your loosely-closed knuckles. It is a strip about three fingers wide.
3. To reach deeper, ask them to slide that arm off the board and tuck the hand into the small of their back. The shoulder blade wings away from the ribs and opens the whole area up.
4. Two slow passes up and down the channel on each side, then release the arm back to the board and finish with one Long Glide.

RAREȘ'S TIP

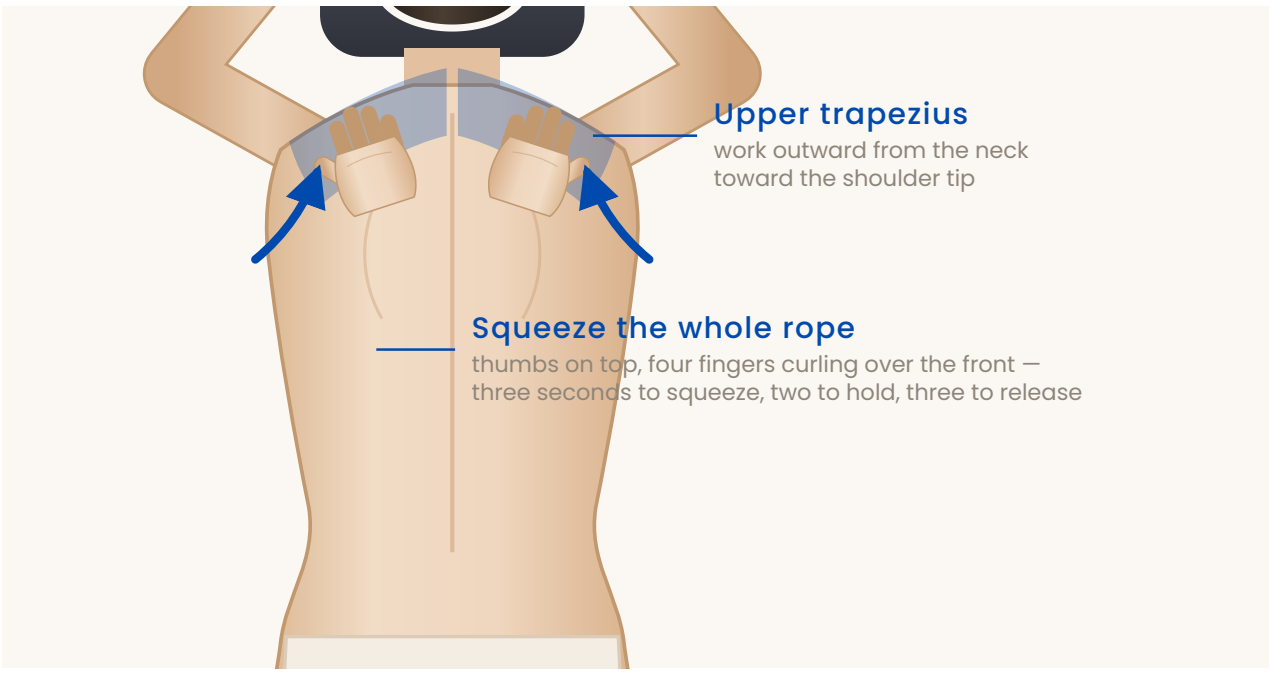
This area is often genuinely sore rather than merely tight, so start at half the pressure you think is right. Ask "where's that out of ten?" after your first three circles, before you commit. People will tolerate far too much here and say nothing.

TECHNIQUE FIVE · PETRISSAGE

The Shoulder Squeeze

The single highest-value two minutes in this book. It works the upper trapezius — the rope of muscle that everyone who sits at a desk carries around like luggage.

POSITION	TIME	PRESSURE	TOOL	OIL
A · FACE DOWN	2 minutes	●●●●○	Whole hand	Works through a T-shirt



STAND AT THE HEAD END AND REACH OVER THE TOP OF BOTH SHOULDERS

1. Move to the head end of the bed, behind the cradle. Rest both hands on top of their shoulders and wait three seconds before moving anything.
2. Find the thick rope of muscle running from the neck out to the shoulder. Your thumbs sit on top of it; your four fingers curl over the front of the shoulder.
3. Squeeze the whole rope slowly between thumb and fingers over a count of three, hold for two, release over a count of three. Ten repetitions, moving a little further out toward the shoulder each time.
4. Finish by resting both hands still and asking them to drop their shoulders as they breathe out. Twice.

RAREȘ'S TIP

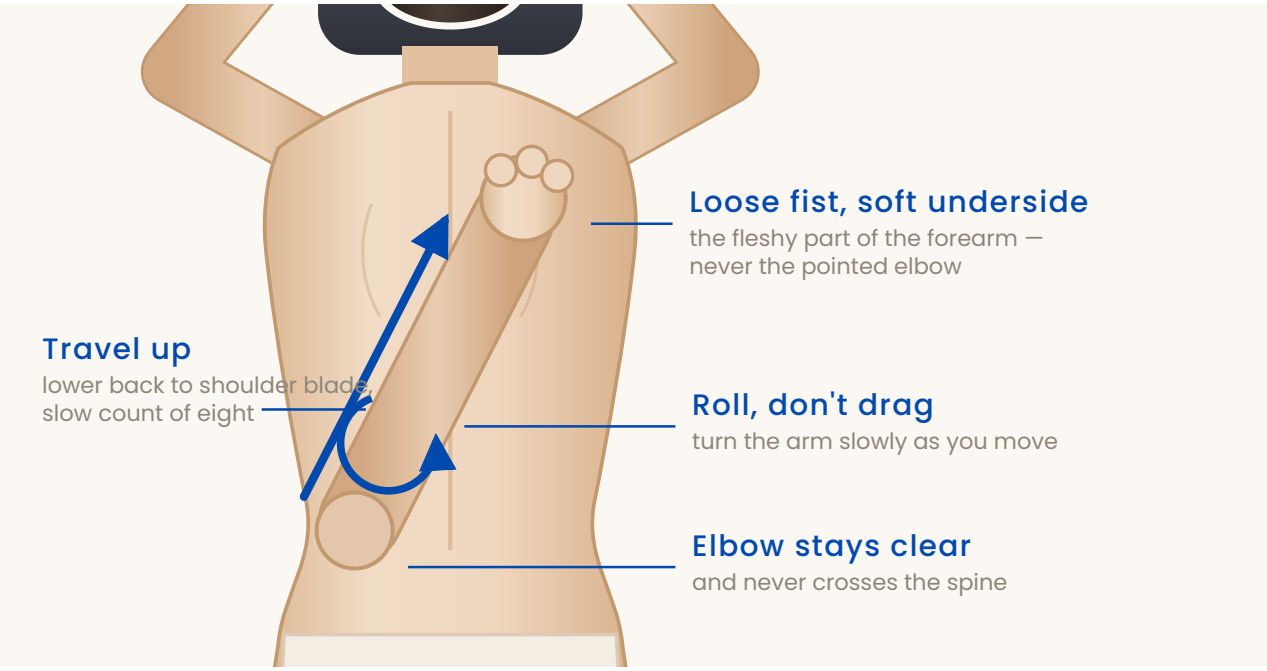
If you find a lump that makes them flinch, do not attack it. Halve the pressure, rest your thumb on it, and simply hold for thirty seconds while they breathe. Tight muscle yields to patience, never to force — and this particular muscle is where most headaches are born (page 17).

TECHNIQUE SIX · PETRISSAGE

Forearm Kneading

How professionals get depth without destroying their hands. Your forearm spreads broad, heavy pressure over a large area — and it feels far deeper than it actually is.

POSITION	TIME	PRESSURE	TOOL	OIL
A · FACE DOWN	90 seconds	●●●●●	Forearm	Yes — generous



WEIGHT TRAVELS DOWN THROUGH YOUR SHOULDER INTO THE FLAT OF THE FOREARM

1. Oil the back generously — this technique needs glide. Make a loose fist and rest the **soft, fleshy underside** of your forearm on the muscle beside the spine. Keep the bony point of the elbow off the body entirely.
2. Lean your body weight in slowly until they say four or five out of ten. Do not push with the arm; drop your weight through your shoulder.
3. Travel slowly along the muscle from the lower back up toward the shoulder blade over a count of eight, rolling the forearm gently as you go. Three passes on each side.
4. Finish each side with one full Long Glide so it does not end abruptly. Never take a forearm across the spine itself or over the lower ribs.

RAREȘ'S TIP

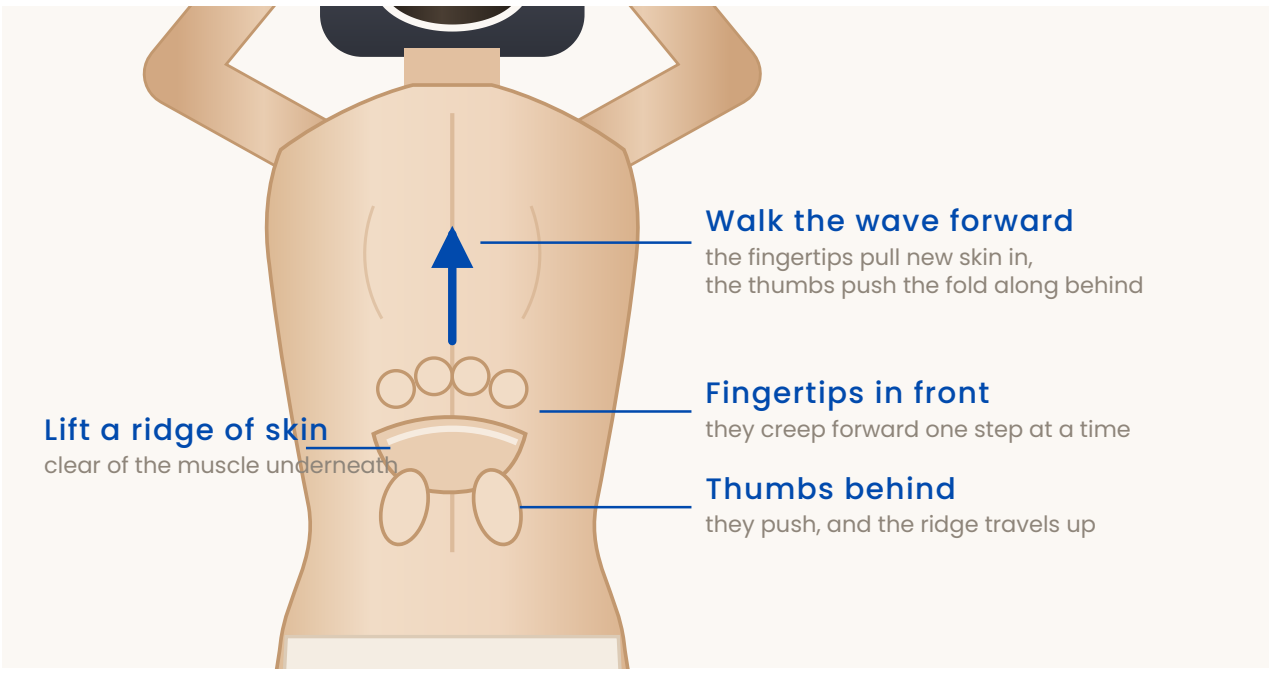
This is the technique that makes people ask where you learned it, and it is the easiest one in the book physically. Try it on your own thigh first to find exactly where your forearm is soft and where it turns into bone. That boundary is the whole skill.

TECHNIQUE SEVEN · PETRISSAGE

Skin Rolling

Odd-looking, strangely satisfying, and the fastest way to free up a back that feels stuck — where the skin seems glued down and will not lift away from the muscle underneath.

POSITION	TIME	PRESSURE	TOOL	OIL
A · FACE DOWN	90 seconds	●●●○○	Thumbs + fingertips	None — needs grip



A ROLLING WAVE OF SKIN, NOT A PINCH THAT STAYS IN ONE PLACE

1. Work on dry skin — this one needs grip, so do it before you oil, or wipe an area clean first. Start low, beside the spine.
2. Pick up a fold of skin between your thumbs (behind) and fingertips (in front), as if gently pinching a ridge. Lift it clear of the muscle underneath.
3. Now walk it: your fingertips creep forward pulling new skin in while your thumbs push the fold along behind them. The ridge travels slowly up the back like a wave under a carpet.
4. Roll three parallel lines up each side — beside the spine, mid-way out, and along the flank. Where the fold refuses to lift or feels tender, that area is tight; come back to it with thumb circles once you have oiled up.

RAREȘ'S TIP

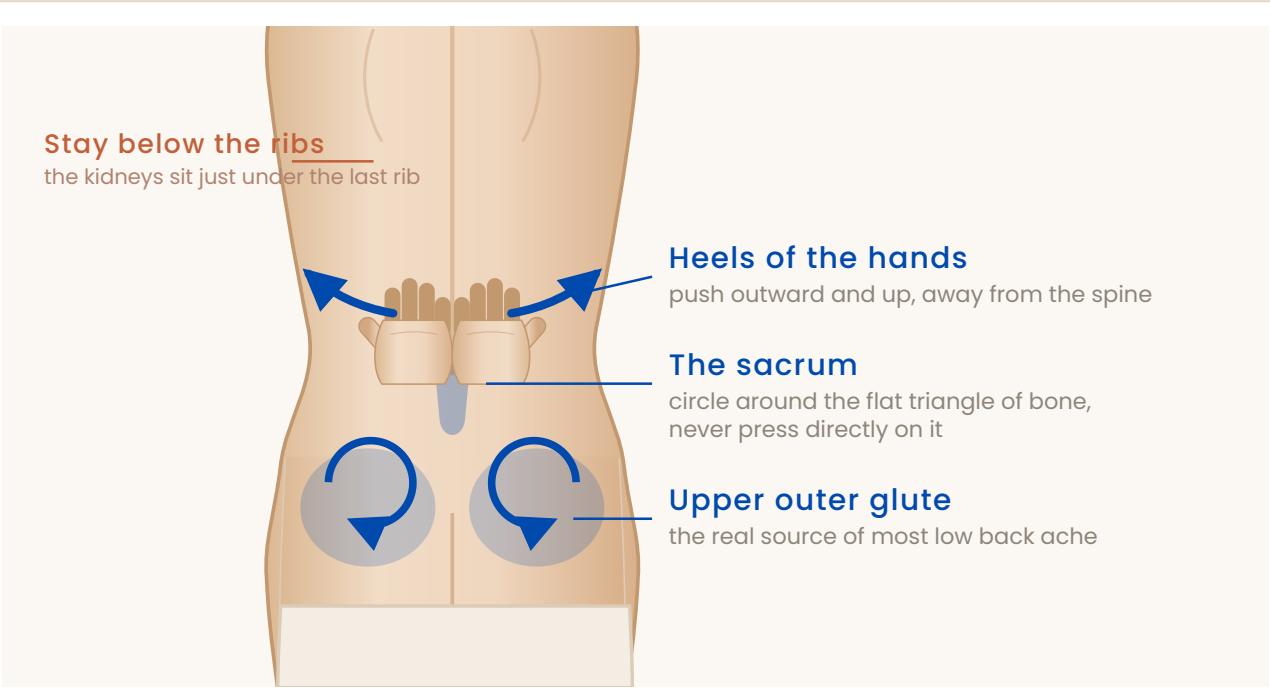
If the skin will not lift at all, do not force it — that is exactly the area that needs the most warming, not the most pulling. Do two more Long Glides, then try again. The difference after ninety seconds of warmth surprises most people.

TECHNIQUE EIGHT · FRICTION

The Lower Back & Sacrum

Where most people say it hurts, and where most amateurs are too nervous to work. Done correctly it is safe, simple, and the most requested area in the whole book.

POSITION	TIME	PRESSURE	TOOL	OIL
A · FACE DOWN	2 minutes	●●●●○	Heels of hands	Yes



WORK OUTWARD FROM THE MIDLINE · PRESSURE SPREADS, NEVER DIGS

1. Place the heels of both hands on the lower back either side of the spine, fingers pointing outward. Press down gently and push **outward and slightly upward**, away from the midline. Six slow repetitions.
2. Find the sacrum — the flat triangle of bone at the very base of the spine. Circle around its edges with your thumbs, never directly on the bone itself. Twenty seconds.
3. Move to the upper outer corner of each buttock, below the hip bone. Press in with the heel of your hand and make slow, firm circles. This is often where low back pain is actually coming from — see page 17.
4. Finish with three Long Glides that run from the glutes all the way to the shoulders, joining the lower back back onto the rest of the body.

RAREȘ'S TIP

Stay **below** the bottom of the ribcage and away from the soft area just under the last rib on each side — the kidneys sit there and take no pressure at all. Everything from the top of the pelvis downward is fair game; the floating ribs are not.

TECHNIQUE NINE · TAPOTEMENT

Percussion to Finish

Thirty seconds of light, fast tapping that leaves the whole back tingling. It wakes the body up — so use it to end a morning massage, and never one before sleep.

POSITION	TIME	PRESSURE	TOOL	OIL
A · FACE DOWN	30–45 seconds	●●○○○	Sides of the hands	Irrelevant



ALTERNATE HANDS QUICKLY · THE SOUND SHOULD BE SOFT, NEVER A SLAP

1. Hold your hands with the fingers relaxed and slightly apart, wrists completely loose. The contact is the **little-finger edge** of the hand, not the palm.
2. Let your hands drop alternately onto the meat of the back — shoulders, upper back, the sides. They should bounce straight off. If it sounds like a slap you are hitting, not bouncing.
3. Work up and down the muscle either side of the spine for about thirty seconds. Stay off the spine itself, off the lower ribs, and off the kidney area just below the last rib.
4. Stop suddenly, lay both hands flat and still on the upper back, and hold for a count of ten. The contrast between the tingling and the stillness is the entire point.

RAREȘ'S TIP

For a softer version, cup your palms slightly so they trap air — *cupping* makes a hollow, drum-like sound and feels less sharp than the edge of the hand. And ask first: some people find percussion irritating rather than invigorating, and there is no way to know except to ask.

05

PART FIVE · POSITION B

Face up

They turn over and rest the back of the head in the same cushion. The head is held, the neck hangs completely free, and your hands can reach places that are impossible to get at any other way at home.

10 · The Neck Release

11 · Scalp & Temples

12 · Face & Jaw

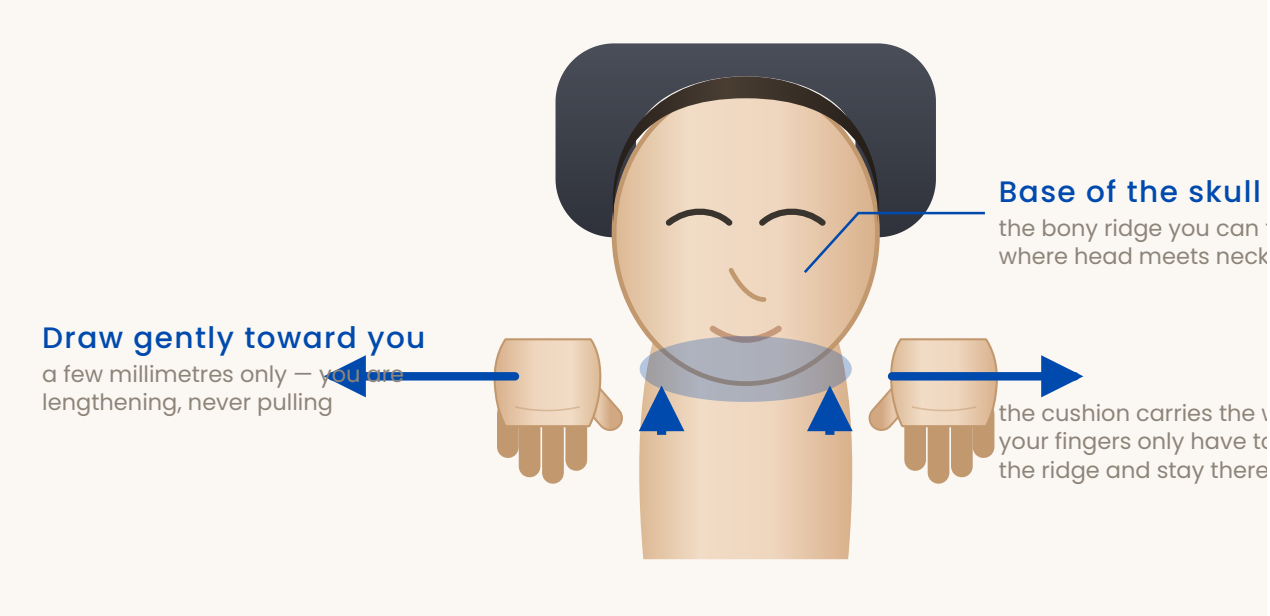
Always end here. Finishing at the head is what sends people to sleep — finishing at the back leaves them alert and waiting for more.

TECHNIQUE TEN · FRICTION

The Neck Release

The suboccipitals — four small muscles at the base of the skull that hold the head up all day, and cause more headaches than any other muscle in the body.

POSITION	TIME	PRESSURE	TOOL	OIL
B · FACE UP	2 minutes	●●●○○	Fingertips	None



FINGERTIPS HOOK UP UNDER THE RIDGE · THE HEAD STAYS HEAVY IN YOUR HANDS

1. They lie face up with the back of the head resting in the cushion, arms by their sides. Ask them to let the head get completely heavy — almost everyone holds it up out of politeness.
2. Sit or stand at the head end. Slide your fingertips under the back of the head, palms up, and curl them until you feel the bony ridge where skull meets neck.
3. Press up into the soft muscle just below that ridge and simply hold. Count ten slow breaths. You are not rubbing — their own head weight is doing the work.
4. Then draw your hands a few millimetres toward you, as if lengthening the neck. Hold five breaths and release **gradually**. Never let the head drop, and never twist or turn the neck.

RAREȘ'S TIP

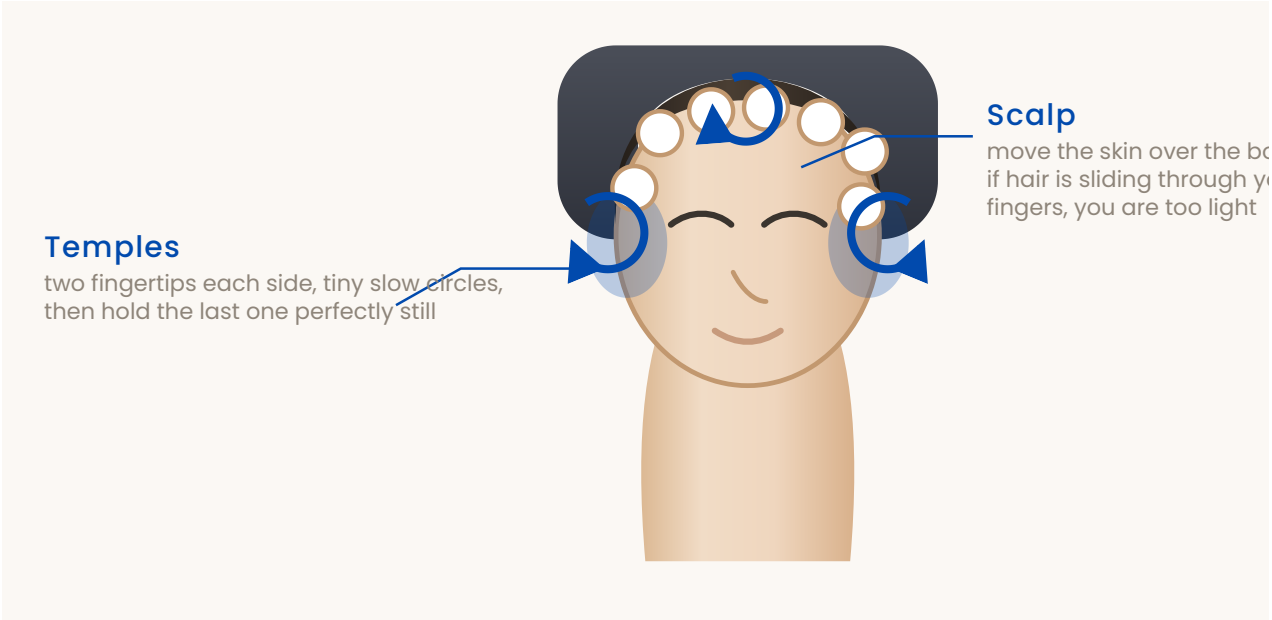
Resist the urge to rub. This one works by **staying still**. Ninety seconds of patient, unmoving support does more for a stiff neck than two minutes of energetic kneading — and it is almost impossible to do wrong. If they fall asleep here, you have done it correctly.

TECHNIQUE ELEVEN · FRICTION

Scalp & Temples

The fastest route from a busy head to a quiet one. Two minutes here has put more people to sleep than every other technique in this book combined.

POSITION	TIME	PRESSURE	TOOL	OIL
B · FACE UP	2 minutes	●●○○○	Fingertips	None — dry hands



TEN FINGERTIPS ANCHORED ON THE SCALP · THE SKIN MOVES, THE HAIR DOES NOT

1. Spread all ten fingertips over the scalp as if you were about to shampoo. Rest them there for three seconds before you move anything.
2. Without sliding through the hair, move the **skin itself** over the skull in slow circles. Press in and take the scalp with you.
3. Work around the whole head in sections — crown, sides, the back of the head where it rests in the cushion, then the hairline at the forehead. About ninety seconds.
4. Finish at the temples: two fingertips each side, tiny slow circles, then hold the last one perfectly still for a count of ten before lifting away over another count of five.

RAREȘ'S TIP

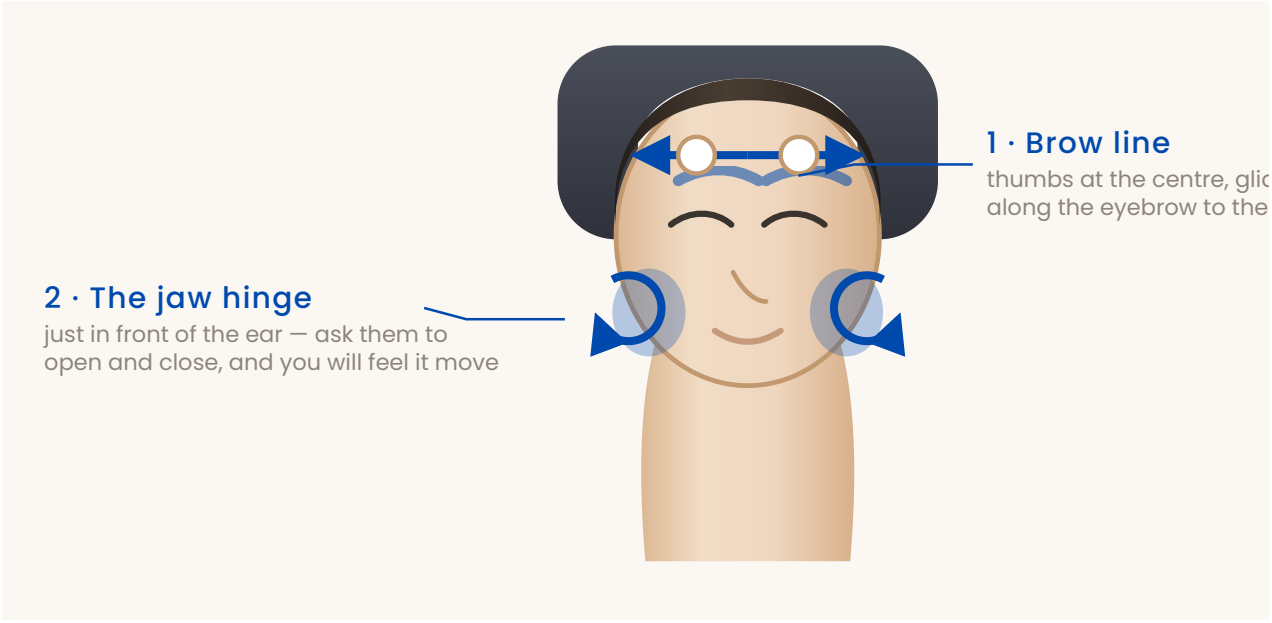
Never pull hair — not even playfully. And go slower here than anywhere else in the book: the scalp has far more nerve endings per square centimetre than the back, so a movement that feels slow to your hands still feels fast to their head.

TECHNIQUE TWELVE · FRICTION

Face & Jaw

The jaw is one of the strongest muscles in the body and most people clench it all night without knowing. Ninety seconds here is the closest thing to magic in this book.

POSITION	TIME	PRESSURE	TOOL	OIL
B · FACE UP	90 seconds	●●○○○	Fingertips + thumbs	None



CLEAN HANDS, NO OIL · THIS IS THE ONE PLACE PEOPLE NOTICE EVERYTHING

1. **Brow.** Place both thumbs together in the centre of the forehead just above the nose. Glide them outward along the eyebrow line to the temples with light, even pressure. Six times, each one a little higher up the forehead.
2. **Jaw hinge.** Find the joint just in front of each ear — ask them to open and close their mouth and you will feel it move. Place two fingertips on it, ask them to let the jaw hang slack, and make slow circles for thirty seconds.
3. **Jaw muscle.** Move a thumb's width down and forward onto the thick pad of muscle at the angle of the jaw. Slow circles, light pressure. This is the clenching muscle, and it is often startlingly tender.
4. Finish with both palms resting over the whole face, heels on the cheekbones, for a slow count of ten. Then lift away without a word.

RAREȘ'S TIP

Ask before you start — faces are more personal than backs, and not everyone wants their face touched. Never press on the eyeballs, never on the front of the throat, and stop immediately if there is any history of jaw joint problems or clicking. Also: check your hands are clean and your breath is not in their face.

06

PART SIX

Putting it together

Twelve techniques are twelve techniques. A routine is a massage. These six pages turn one into the other — plus what to do when something goes wrong, and when not to do any of it at all.

The 3, 10 and 20-minute routines

Three common complaints

Troubleshooting

When not to massage

Care, thanks, and the quick card

THE SEQUENCES

Three routines.

Follow the ten-minute one exactly for your first three sessions. After that you will know the shape of a massage well enough to improvise.

THE TEN-MINUTE ROUTINE · THE DEFAULT

MINUTE	POS	TECHNIQUE	WHAT IT IS DOING
0:00–2:00	A	01 The Long Glide	Warms, spreads oil, drops the shoulders. Never skip the opening.
2:00–3:30	A	02 Fanning the Shoulders	Opens the upper back across its width.
3:30–5:30	A	03 Thumb Circles	Finds and works the actual tight spots.
5:30–7:00	A	05 The Shoulder Squeeze	The highest-value ninety seconds of the routine.
7:00–8:30	B	10 The Neck Release	They turn over. Support, hold, do almost nothing.
8:30–10:00	B	11 Scalp & Temples	End at the head. Hands still, then lift away.

THE THREE-MINUTE VERSION

No oil, no undressing, barely any setup. Do it on an ordinary Tuesday and it will be remembered.

0:00–2:00	05 Shoulder Squeeze
2:00–3:00	11 Scalp & Temples

THE TWENTY-MINUTE VERSION

Add these four to the ten-minute routine, in this order, before Position B.

+3 min	04 Between the Blades
+2 min	06 Forearm Kneading
+2 min	08 Lower Back & Sacrum
+2 min	12 Face & Jaw (at the very end)

MORNING VERSION

Same order, plus **09 Percussion** for thirty seconds at the end of Position A. It wakes the body rather than settling it.

BEFORE SLEEP VERSION

Skip percussion. Halve every speed. Spend the last three minutes on the scalp — and do not talk at the end.

HOW TO END

Never finish abruptly. Rest both hands still, tell them to take their time getting up — ten minutes face down makes standing up fast dizzying — and leave water within reach. The last ten seconds are what people remember.

TARGETED SESSIONS

Three common complaints.

When someone tells you what hurts, you do not need a different set of techniques — you need a different order, and a different place to spend your time. None of this treats a medical condition; if pain is severe, persistent or new, that is a doctor's job, not yours.

COMPLAINT 01

Tension headache

A band of pressure around the head, or an ache behind one eye

Spend the time here: upper trapezius and the base of the skull — not the temples, which is where it hurts but not where it comes from.

Order:
01 Long Glide, 2 min
05 Shoulder Squeeze, 4 min
10 Neck Release, 3 min
11 Scalp, 2 min

Ask afterwards whether the headache has changed rather than gone. Changed is the realistic win.

COMPLAINT 02

The desk-wrecked neck

Stiff, will not turn to look over the shoulder

Spend the time here: the levator scapulae, where the neck meets the top inside corner of the shoulder blade, and the whole area between the blades.

Order:
01 Long Glide, 2 min
02 Fanning, 2 min
04 Between the Blades, 4 min
05 Shoulder Squeeze, 2 min
10 Neck Release, 2 min

Never force the neck to turn, and never twist it yourself. Work the muscle; let the movement return on its own.

COMPLAINT 03

Low back ache

Dull, one-sided, worse after sitting

Spend the time here: the glutes. A very large share of low back pain is coming from the upper outer corner of the buttock, not from the back itself.

Order:
01 Long Glide, 2 min
03 Thumb Circles, 3 min
08 Lower Back & Sacrum, 5 min
06 Forearm Kneading, 2 min

Pain shooting down a leg is not a massage problem. Stop and send them to a doctor.

FOR SLEEP

Halve every speed in the ten-minute routine, cut the pressure to two or three out of ten throughout, skip percussion, and spend the last four minutes entirely on the scalp and face. Dim the light before you start rather than after. Do not talk at the end — say what you need to say *before* you begin, then let them drift.

FOR SOMEONE WHO HAS NEVER HAD A MASSAGE

Keep everything above four out of ten, stay entirely on the back and shoulders, and do six minutes rather than ten. Tell them at the start exactly what you are going to do and in what order. Uncertainty is what keeps first-timers tense — not pressure.

TROUBLESHOOTING

Twelve things that go wrong.

"My hands hurt after five minutes."

You are gripping instead of leaning, and using one tool for everything. Straighten your arms, shift your weight forward, and switch between palm, heel, thumb and forearm (page 11).

"I can't find any knots."

You are moving too fast to feel anything. Slow to a third of your speed and press slightly deeper. Knots feel like a pea or a taut cord inside softer tissue — and they usually react before you find them.

"They keep talking."

Answer in as few words as possible and slow your own breathing right down. People match the breathing of whoever is touching them. If it continues, say once: "Close your eyes for a bit."

"They said it hurt afterwards."

You went too deep for too long. Mild tenderness the next day is normal after a first deep session; real pain is not. Next time cap it at five out of ten and halve the time in any one spot.

"The oil is everywhere."

You used four times too much. A coin-sized pool covers an entire back. Put a towel under them, wipe your hands, and carry on with what is already on the skin.

"They fell asleep — do I stop?"

No. Finish the sequence, slow everything down, and end on the scalp. Rest your hands still, lift away over a count of five, and cover them with the towel. That is the highest compliment available.

"The cradle feels too high for them."

Their chin will be tucking toward the chest. Lower it a centimetre. The test is the line of the spine, viewed from the side: it should be straight from skull to hips.

"They keep lifting their head."

Something is pressing — usually the cushion edge on the cheekbones, or the arm board is at the wrong angle. Stop, ask, adjust once. Do not try to work around it.

"I've only got five minutes."

Do the three-minute routine properly rather than the ten-minute routine badly. Two techniques done slowly beat six done in a rush, every time.

"I can't reach without hurting my back."

The bed is too low or you are standing too far away. Move your feet closer, widen your stance, or kneel on a cushion. Never bend at the waist and reach.

"They're ticklish."

Increase pressure, do not decrease it. Ticklishness is a response to light, unpredictable touch. Firmer, slower and more predictable makes it disappear.

"Nothing seems to change."

Almost always time, not technique. Muscle needs roughly ninety seconds of steady warmth before it softens. Most beginners give a spot fifteen seconds and move on. Stay put and count.

THE ONE RULE UNDERNEATH ALL OF THESE

When something is not working, **slow down** before you do anything else. It fixes more problems in this book than any other adjustment — and it is free.

SAFETY

When not to massage, and five common mistakes.

STOP, OR SKIP THE AREA ENTIRELY

- Fever, infection, or feeling generally unwell.
- Fresh injuries, sprains, swelling, bruising, or any recent surgery.
- Skin problems: rashes, open cuts, burns, eczema flare-ups, anything contagious.
- Varicose veins, or a known history of blood clots.
- Directly over the spine, the front of the throat, the back of the knee, or the kidney area just under the last rib.
- Any pain that is sharp, shooting, or travels down an arm or leg — a signal to stop, not to work harder.
- Numbness, pins and needles, or weakness anywhere.
- They simply do not want to be touched today. No explanation required.

Talk to a doctor first: pregnancy, recent surgery, cancer treatment, osteoporosis, heart conditions, uncontrolled high blood pressure, diabetes with nerve damage, or blood-thinning medication. Face-down positioning in particular is not suitable in later pregnancy.

THE FIVE BEGINNER MISTAKES

1. **Going too fast.** By far the most common. Halve your speed and the same technique doubles in quality.
2. **Going too deep, too early.** Pressure is earned. Stay light for the first two minutes, always.
3. **Breaking contact.** Lifting both hands off mid-massage feels like being dropped. Keep one hand on the body when you move.
4. **Talking.** Yours, mostly. Ask one question at the start, then let the silence do its job.
5. **Working with your fingers instead of your body.** Straight arms, lean in, let your weight do it.

SPECIFIC TO THE CRADLE

Check the anchor bar is properly seated under the mattress **before every session**, not just the first. Never leave a child or a pet unattended with the cradle fitted, and follow the weight limit on your cradle's own instruction sheet.

PLEASE READ

This booklet describes simple relaxation massage between consenting adults at home. It is not medical treatment, not physiotherapy, and not a substitute for advice, diagnosis or care from a qualified healthcare professional. Nothing in it is intended to diagnose or treat any condition. If you or the person you are massaging has a medical condition, is pregnant, is taking medication, or is experiencing persistent, severe or unexplained pain, speak to a doctor before using these techniques. Always ask permission before touching someone, stop the moment they ask you to, and never apply pressure that causes pain. Rareș Marciu and Vitabyo™ accept no liability for injury or loss arising from the use of the information in this booklet.

VITABYO™

Two minutes back, if you have a moment.

You bought a cradle and got a book. If the last thirty-six pages were worth your time, there are two small things that genuinely help a small brand keep making things like this.

ONE

Leave a review of your cradle

Honest, thirty seconds, whatever star count you actually think. Reviews are the only reason the next person finds us — and if something about the cradle disappointed you, please say that too. We would far rather fix it than not know.

TWO

Give someone else a good evening

Share this booklet with anyone who would use it, and pass on the code below. It takes 10% off their first order at vitabyo.com.

FRIEND10

LOOKING AFTER YOUR CRADLE

Wipe the upholstery with a damp cloth and mild soap — no bleach, no solvents, no direct heat, and never put it in a washing machine. Wipe it down after any session with oil. Loosen the adjustment clamps before changing the height rather than forcing them, and store it with the straps unclipped so they keep their tension.

WWW.VITABYO.COM

The 10-Minute Touch · Written by Rareș Marciu in collaboration with Vitabyo™ · First edition, 2026.
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THE QUICK CARD

Everything, on one page.

The ten-minute routine

0:00–2:00	A	Long Glide	flat palms, five up, five down
2:00–3:30	A	Fanning	outward from the spine, in rows
3:30–5:30	A	Thumb Circles	six circles, step up two centimetres
5:30–7:00	A	Shoulder Squeeze	three to squeeze, two to hold, three to release
7:00–8:30	B	Neck Release	fingertips under the ridge, stay still
8:30–10:00	B	Scalp & Temples	move the skin, not the hair

Before you start

Warm hands. Warm room. Short nails, no rings. Push down on the cradle to check it. Ask: "Is anything pressing?"

Pressure

Aim for 4–6 out of 10. Held breath means you are at 8. Back off; do not push through.

Speed

Slower than feels natural. A stroke up the back takes a count of five. When something is not working, slow down first.

Power

Lean, never grip. Straight arms, straight wrists, feet apart, weight from the shoulder.

Never

The spine itself. The kidneys under the last rib. The front of the throat. Anywhere sharp, shooting or numb.

Ending

Hands still for ten. Lift away over five. Water within reach. Do not talk.

THE ONE SENTENCE THAT MATTERS

Slow hands, steady pressure,
and stay longer than feels natural.

VITABYO™