

# Self Massage

Massage is one of the easiest ways of attaining and maintaining good health and well being. It's a healing instinct, innate in all of us, to rub an aching knee, or stroke a furrowed brow. Headaches, aches and pains, insomnia, tension and stress can all be alleviated with one simple instrument -- our hands.



relaxing to counteract these movements by opening the palm and your fingers.

I am sure you can think of all the abuse your hands take in a day. Especially if you use one of these things on the right of the page a lot.

The basis of massage is touch. There is increasing medical evidence to show the great value of touch. Touch is so natural that without it people become depressed and irritable. Observations show that children brought up in families where parents and children touch each other are healthier and more able to withstand pain and infection than those children deprived of touch. They tend to sleep better, are more sociable and generally happier.

Massage has amazing effects on the health of the person being massaged. It improves circulation, relaxes muscles, aids digestion, and by stimulating the lymph system, speeds up the elimination of waste products. These direct benefits, combined with the psychological benefits of feeling cared for quickly produce a wonderful feeling of well-being that cannot be matched by modern drugs.

You can easily manage to massage yourself. Use self-massage to energize yourself before school or work in the morning, or to unwind in the evening. You can massage your feet while watching TV, or massage your hands while talking on the phone. You do not need to undress, but you must be comfortable. Use oil if you are massaging on bare skin. Sit in a chair or on the floor, or lie down with your knees bent and your feet on the floor.

## Hand Massage

It may seem surprising that people carry a lot of tension around in their hands. But it's actually quite obvious when you think about how much you use your hands. Most of our movements are holding, clutching actions, so it is very

1. Stroke the back of your hand, pushing firmly up toward the wrist and gliding back gently. Then squeeze the hand all over, pressing it between your palm and your fingers.

2. Squeeze each finger all over and make circular pressures over the joints with your thumb. Then hold the finger at its base and pull it gently to stretch it, sliding your grip up the finger and off the tip.

3. Stroke between the tendons on the back of the hand with your thumb. Stroke in the furrow to the wrists doing four strokes in each furrow.

4. Turn your hand over and support the back with your fingers. Do firm circular and static pressures with your thumb, working all over the palm and around the wrist.

5. Finish the massage by stroking the palm of your hand from the fingers to the wrist. Push into it with the heel of your other hand, then glide gently back and repeat. If you end your massage with your hands, this is a good time to apply a hand lotion to them.

## Face and Neck Massage

Giving yourself a face massage can relieve headaches, anxiety and banish fatigue. Face massage can also benefit your appearance by improving your complexion and leaving your face looking fresher. Use a fine face oil so you don't drag your skin. (If you have oily skin wash your face after the massage). You can fit a massage in at any time: a stimulating one first thing in the morning, or a soothing one in the evening. Try to vary the movements: brisk and fast for an energizing effect, or slow and smooth if you want a calming effect. Repeat each movement as often as you like.

1. Start by putting your hands over your face, with your fingers on your forehead and the heels of your hands on your chin. Hold them there for a moment, then very slowly and gently draw them out toward your ears. As they move out, imagine that they are dissolving the tension from your face and drawing it away like magnets.

2. Tilt your head to one side and using the back of your hands stroke from the collarbone to the chin, one hand following the other. Tilt your head to the left and stroke up the right side of your neck, then repeat on the other side. Stroke firmly to stimulate the circulation and help keep the skin on your neck firm.

3. Pinch all along your jaw line using your thumbs and the knuckles of your index fingers. Start under your chin and work out toward your ears. Keep the pinching close to the bone, so you don't stretch the skin.

4. Gently, slap under your chin with the back of your hands, while alternating hands. Exercise the muscles under your chin by keeping your tongue curled back in your mouth while you perform this stimulating movement.

5. Make small circular pressures all over your chin and around your mouth with the index and middle fingers of each hand. While you do this, exercise the muscle around your mouth by making a large O and holding your lips tightly over your teeth. Then exercise the muscle further by exaggeratedly saying "Aah," "Ooh," "Eee," "Uuu," to stimulate the circulation and to prevent wrinkles from developing around your mouth -- it is never too young to start.

6. Stroke from the corners of your mouth to your ears. Use one hand on each cheek and move them both out together. Then, both hands on one side, stroke from your mouth to your ear, using the back of your fingers.

7. Stroke up your forehead from the bridge of your nose to your hairline with one hand following the other. Mold your hands to the shape of your forehead, and close your eyes to enjoy this soothing movement.

8. Massage the muscles between your eyebrows. Place both index fingers on the bridge of your nose and make short, firm strokes upward first, then across and then diagonally.

9. Make circular pressures all over your forehead, working in lines from the bridge of your nose to your temples, to cover the whole forehead up to your hairline. Press firmly, but don't drag your skin. Then stroke your forehead gently with your fingertips to soothe it after the last stimulating movement.

10. Stroke from the center of your forehead to your temples and finish by pressing gently on the temples. You can strengthen the jaw muscle by clenching your teeth slightly as you press on your temples. Feel the muscle working under your fingers. Then hardly moving the skin, circle slowly and steadily to stimulate the muscle.

11. Stroke in a circle around your eyes with your middle fingers. Stroke firmly and evenly from the bridge of your nose out over your eyebrows, press on your temples, then glide lightly under your eyes, barely touching the skin.

12. Pinch along around your eyebrows from the center to the temples with your thumbs and index fingers. Then press into the tiny indentation in the bone under the eyebrows at the bridge of the nose.

13. Relax your eyes by palming. Put the heel of your hands into your eye sockets and hold your hands there for a few seconds. Enjoy the darkness for a second. Press gently, then slowly glide your hands away. After only a few seconds of darkness, there is a wonderful light that seems to revitalize many people. Try this, it only takes a few seconds, but it is very refreshing.

14. Finish by covering your face with your hands and stroking gently out to the sides. This simple massage should make your skin look fresher and you will feel revitalized. Think I will go do it myself right now as a matter of fact. ENJOY!

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<http://www.coolnurse.com/massage2.htm>

