

HAND MASSAGE

“Touching communicates love, consciously or unconsciously, and can trigger metabolic and chemical changes in the body that help in healing. Tactile stimulation and emotions may control endorphins, which are natural body hormones that control pain and our sense of well-being.”

The Power of Touch Phyllis K. Davis. 1999 Hay House, Inc Carlsbad, CA

1. Find a comfortable position for you and your partner, (see points to consider sheet)
2. Hold hand (palm down), firmly but gently for a few seconds – ‘Hand Sandwich’
3. Flex/extend the hand and rotate the wrist in each direction
4. Rotate and work Small circles along each finger, gently stretching them.
5. Stroke & stretch the back of the hand – use long, smooth, slow strokes
6. Small thumb circles between bones and smooth circular movements around the knuckles
7. Gently turn the hand over and stroke the palm
8. Use gentle but firm pressures on the 3 fleshy parts of the fingers and the 2 of the thumb (in between the joints)
9. Knuckle and stroke the palm of the hand
10. To finish, turn the hand over & repeat long strokes on the back of hand massage around the wrist-bones and hold the hand
11. Repeat the sequence with the other hand
12. RELAX ...

General Interest Further Reading

The Encyclopaedia of Essential Oils, Julia Lawless 1992, Element

The Fragrant Pharmacy, Valerie Ann Worwood 1990, Bantam Books

Aromatherapy for Health Professionals, Shirley and Len Price 1995, Churchill Livingstone

Massage and Aromatherapy A guide for health professionals, Andrew Vickers 1996, Stanley Thornes (Publishers) Ltd