

HAND MASSAGE TIPS



1.

Press the tip of each finger.



2.

Rub the muscles around your palm using gentle, circular motions.



3.

Knead the centre of your palm.



4.

Rub in long, straight motions from the base of your fingers to your wrist.



5.

Flip and repeat on the back of your hand.



6.

Rub each finger from base to tip using small, counter-clockwise circles.

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Massage Techniques Manual

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