

MASSAGE FOR THE HANDS

Relax and relieve stress

Duration: 4 minutes

Materials	Skills Required
A comfortable chair Hand Cream (optional)	Reading & following written instructions

Instructions

- Sit comfortably on a chair.

- Open one hand, and massage the palm with your thumb using circular movements. Start in the middle of the palm and move outwards

- Then stretch each finger. Do not try to crack them.

Gently squeeze at the base of each finger, then slide toward the tip of the finger. Finish by pinching the fingertip.

- Finally, massage the back of the hand. Use the thumb to apply pressure from the wrist to each finger.

Precautions

Do not force or press hard on a painful point.