Hand Massage

1. Apply cream/oil to the hand and forearm area

2. Work long sweeping movements along the back of the hand and up the arm to the elbow using alternate hands to support and work. Repeat 6 – 8 times

3. Turn the arm and work the same sweeping movements up the inside of the arm. Repeat 6 – 8 times

4. Using thumb circles work up the centre line of the inner arm from wrist to elbow crease. Repeat 6 – 8 times
5. Supporting the weight of the hand with one hand at the wrist area gently rotate the wrist in a clockwise and then anti-clockwise direction. (If possible!) Repeat each rotation 3 – 4 times.

6. Supporting the hand under the wrist slowly flex and extend the hand. (If possible!) Repeat 3 – 4 times

7. Massage around the wrist using circular motions with the thumbs. Repeat 5 – 6 times

8. On the top of the hand with the hand supported work between the bones using thumb circles. Work from the base of the fingers as far up the hand as is comfortable for the client. Do not work on the bony area as this can be painful. Repeat each space 3 – 4 times and work across all the spaces.
9. Massage the top and then the underside of each finger with a circular motion starting at the tip of the finger. Repeat each finger 3 – 4 times, and then work up the finger with circles, around the knuckle, sliding the hand down the finger giving it a gentle pull to finish. Work along all of the fingers and the thumb.

10. Turn the hand so that the palm is facing upwards and work alternating thumb circles in the palm of the hand. Repeat for as long as you feel necessary.

11. Place the palm of your hand on top of the palm and circle in a clockwise and then anti-clockwise direction. Repeat 4 – 5 times for each direction.

12. Turn the hand back over and with alternating hands, slide down the hand. The hands should be one on top and one underneath.
13. Squeeze the hand and slide off to finish

14. Repeat for the other hand.