

Hand massage: lower stress levels

Hand massage is an effective way to lower stress levels. It can relax and refresh the whole body; however, you do not need to pay a therapist nor have fancy training to give yourself a fantastic self massage for the hands.

- 1) Sit in a comfortable chair and gently rest your hand on your thigh. Begin with your palm face down. Wrap the fingers of your opposite hand around the pinkie side of your resting hand and use your thumb to massage between the bones from wrist to fingers. Keep the strokes long, flowing and gentle and do not forget to work the pad between the thumb and forefinger.
- 2) Keep your fingers wrapped around your resting hand and use your entire palm to create the same long, flowing strokes from wrist to fingers. This time, apply the pressure with as much of your palm as possible, working all the way to the fingertips.
- 3) Turn your hand over so that your palm is face up and repeat the same two massage techniques. Because the palm is meatier than the top of the hand, you will be able to use deep pressure and will probably want to work a bit longer. Pay special attention to the area around the base of the thumb, as this area tends to be sensitive and hold a lot of tension.
- 4) Finish your self hand massage by firmly gripping each finger with the opposite hand and squeezing as you rock your massaging hand and pull off the tips of the fingers. Perform this technique four or five times on each finger and then begin to work on the opposite hand.