

Hand and Arm Massage

Use Massage Oil or Lotion:

- Apply a small amount of massage oil or lotion to the hands and arms to reduce friction.
- Perform the massage on both arms, mirroring the techniques on each side.
- Finish with effleurage and tapotement.

Massage Techniques

Effleurage (Long, Gliding Strokes):

- Use effleurage to apply lotion. Start gently with long, gliding strokes to warm up the muscles.

Wrist Movements:

- Gently stretch the wrist and fingers by holding the hand and carefully bending it backward and forward.
- Be cautious not to overextend.

Rotate the Fingers:

- Using the thumb and index finger of one hand, gently rotate the fingers of the other hand in a circular motion.
- Gradually work your way through all the fingers, moving from the base to the tip.
- Repeat the rotation a few times, adjusting the pressure based on the recipient's comfort.

Circular Palms:

- Use the fingers of your opposite hand to make small circular motions on your palm.
- Start at the base of your fingers and work your way down towards your wrist.

Circular Wrists:

- Use the fingers of your opposite hand to make small circular motions on your wrist.

Twisting Wrist:

- Apply gentle but firm pressure as you twist the client's wrist in a circular motion. Rotate it in both clockwise and counterclockwise directions.

Effleurage (Long Strokes):

- Use the palm of your hand or fingers to make long, gliding strokes along the muscles, moving in the direction of the heart.
- Apply gentle pressure and maintain continuous contact with the skin.

Friction:

- Use circular motions with your fingertips to work on specific areas, like knots or tension points.
- Adjust the pressure based on the recipient's comfort.

Wringing of the Arm:

- Apply moderate pressure and gently twist the arm in opposite directions, as if wringing out a towel.

Kneading:

- Use kneading motions with your fingers and thumbs, focusing on the muscles in the forearm.
- Apply slightly more pressure than with effleurage strokes.

Rotation of Elbow:

- Place one hand on the forearm just below the elbow joint while supporting the arm with your other hand.
- Gently rotate the forearm and elbow joint in a circular motion. Ensure the movement is slow and controlled.

Finger Pulls:

- Gently stretch each finger, pulling them slightly away from the hand to release tension in the hand and wrist.

Tapotement (Final Movement):

- Use your fingertips to tap lightly or use a cupping motion on the forearm to invigorate the muscles.
- Finish with effleurage strokes, combining them with tapotement, and feather off to release connection.