

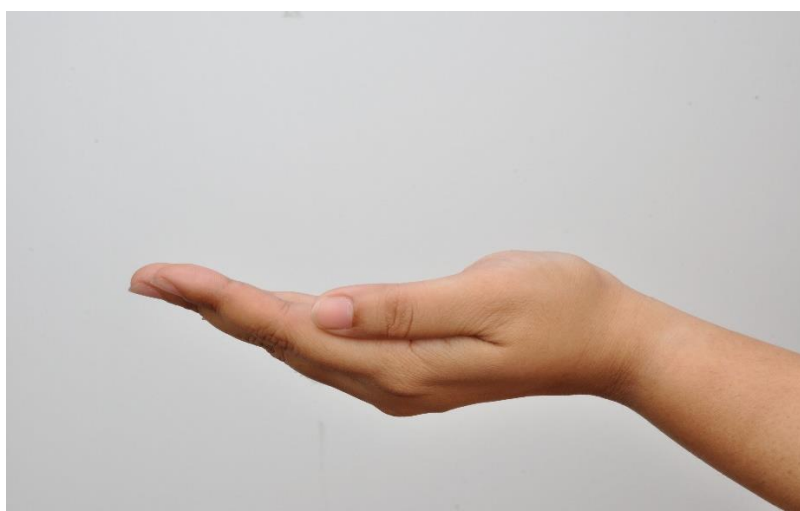
Hand Massage Workshop with Ann Credu



This is a gift is given with good intention and a warm heart
and is free for all to share.



Aim: To facilitate a simple workshop to enable care givers and receivers an opportunity to experience the simple but effective gift of hand massage.



Sitting with your partner facing each other Ann will share the practice.
One person practices on the other then we swop over.
Questions and guidance are offered and welcomed.
There is an information sheet which will be laminated, if anyone would like a copy we can email it out to you.
We will discuss the importance of touch and the importance of hands.

Hands

Our hands do a tremendous amount of work for us and for others and can carry a surprising amount of tension. A hand massage can be a quick and rewarding way to relieve stress and tension in someone's hands, and to help leave that person feeling relaxed and refreshed. Hand massages are a great way to relax before bed, or to give someone's hands (or your own!) a much-needed break in the middle of a long work day.

How to massage someone's hands

- 1 Make a connection, look into each other's eyes to ask for permission and receive consent.
- 2 Offer physical support and reassurance.
- 3 Warm the hands
- 4 Keep that contact
- 5 Build trust and communication
- 6 Check in
- 7 Use Gentle flow of movement. Getting a feel for each other.
- 8 Start with the meaty part of the thumb and move towards the palm
- 9 Turn the hand over and trace massage from the base of the fingers up towards the wrist.
- 10 Massage each finger joint, gentle pinch with finger and thumb, twist and then gently pull.

Giving a Hand Massage



Massage one hand at a time.

Follow the steps listed below on one hand first. Then repeat the process on the other hand. A good hand massage should take about 5 minutes per hand.

Have the person sit or stand in front of you.

You should be able to comfortably reach their hands. If possible, sit across from the person at a desk or table that is narrow enough to reach across comfortably, and place a towel on the table. Then ask the person to rest her hands on the towel.

If you do not have a table available that's OK. You can do this massage seated facing one another on a couch or two chairs, or even standing.

Apply massage oil or lotion to your hands. (Optional)

This will help your hand glide over the other person's skin better. Use approximately 1/4 to 1/2 teaspoon of massage oil per hand, or a coin-sized dollop of lotion. You can always apply more oil or lotion as needed during the massage.

Popular oils used for massage include sweet almond oil, olive oil, coconut oil, and grapeseed oil. You can even use sesame oil or shea butter. Be sure to ask the person if they have a nut allergy before applying almond oil.

Gently smooth the massage medium (oil or lotion) over the person's hand. Use smooth, gentle strokes (called "effleurage") to apply the oil or lotion and warm and relax the muscles of the hand. Apply the lotion using your palm in several (3-6) long smooth strokes to the back of the fingers and hand. Flip the hand over and smooth more medium into the palm and fingers. Work from the tips of the fingers to the wrist, and then back down to the fingers.

Massage the fingers. Hold the person's hand, palm down.

Beginning with the pinky finger, pinch the tip of the finger firmly for a moment. Then using firm, short strokes with your thumb, massage up the finger towards the knuckle. Finally, squeeze the finger all over. Repeat the process with each finger, and finish with the thumb. Be sure to ask the person you are massaging if the pressure feels right, and remind them to speak up if they would like more or less pressure at any time.

Massage the back of the hand. Hold the person's hand in your hand, palm down and use your thumb to massage the back of the hand. Place the pad of your thumb between the pinky and ring finger. Then using medium pressure, slide your thumb along the finger bone, up towards the wrist. Repeat this process, working your way up along each finger bone. When you get to the thumb, take some extra time. Massage the webbed area between the thumb and index finger, using a circular motion.

Massage the back of the wrist. With the hand still face down, use both of your thumbs to massage the wrist using a small, circular motion. Focus first on the middle of the wrist, and then move out the sides.

Massage the palm of the hand. Turn the person's hand over, and cradle it in both hands. Then massage the palm in small, circular movements using your thumbs. Begin in the middle of the palm, and work your way towards the sides, and then up towards the wrist.

Stretch the fingers. Hold the person's hand palm down, and then interlace your fingers with hers to stretch the fingers apart. Grasp the whole hand in yours, and gently push back to stretch the wrist a bit. Then slowly and carefully turn the wrist from right to left, and then left to right.

Finish the first hand. Hold the hand in yours, palm down, and give several long strokes with your palm and fingers. Begin at the back of the wrist, and smooth your hand down towards the fingers.

Massage the second hand. Use the same steps, and massage the person's other hand. Try to be consistent in the motions you use, and the amount of time you spend on each hand.

Self-Care Massage Your Own Hand



Stretch your hands and fingers to warm them up. Make a tight fist with each hand, and then stretch your fingers out as far as you can. Repeat this 4 or 5 times. Then make a loose fist with each hand, and roll your wrists in circles 5 times in each direction.

You can continue to do any other stretching movements that make your hands feel good, for as long as you like.

Apply massage oil or hand lotion to your hands. Use smooth, rapid strokes to warm up the muscles, and massage the oil over every surface of each hand. Don't forget the back of your hands, your wrists, and between each finger.

You can also do this massage without oil or lotion, as you prefer.

Pinch your fingertips. Beginning with your right hand, pinch the tip of each finger of your left hand firmly between thumb and index finger. Squeeze from front to back, and from side to side. Don't forget your thumb!

Now switch and use your left hand to pinch the fingers of your right hand in the same fashion. Try to relax the hand that is on the receiving end of the massage for best effect.

Massage your fingers. Begin with your right hand, and massage each finger of your left hand. Start at the base (near the knuckle) and gently twist and pull on your finger, as you massage to the fingertip

When finished, massage the fingers of your right hand with your left.

Massage between your fingers. Use your right hand to pinch the webbing between your left thumb and index finger. Grip the skin firmly and pull, sliding your fingers down until your skin snaps free from your grasp. Then repeat the process with the rest of the fingers on the left hand.

When you have finished the left hand, massage your right hand with your left.

Only use as much pressure as is comfortable.

Massage the back of each hand. Hold the palm of your left hand in the palm of your right (it should look like you are shaking hands with yourself.) Then use your right thumb to massage the back of your left hand. Begin at the knuckle of your pinky finger, and using short, firm strokes, massage upwards toward your wrist. Repeat the process for each finger, and your thumb.

Spend extra time on any areas that need extra attention.

When you finish with one hand, switch, and repeat with the other.

Massage the inside of your wrists. Cradle your left hand in your right, and use your thumb to massage your inner wrist, using a circular motion. Then switch hands and repeat.

Massage the palms of your hands. Hold one hand in the other, and massage your palm using small, circular, firm motions. Begin in the center, and work your way to the sides, paying special attention to any sore areas. Finish each hand by pressing firmly on the center of your palm for a few moments. Then switch hands and repeat.

Stretch your hands once more to complete the massage. When you are done, gently shake out your hands. Swivel your wrists a few times, and then clench your fists and stretch out your fingers. Hopefully your hands should feel more relaxed and refreshed!