

Hand Massage



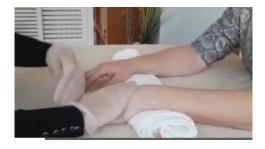
New Directions: Health & Wellbeing



Name:



1. Start with clean hands. Apply your cream in downwards stokes.

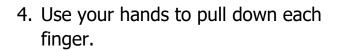


2. Move up the arms and pull down the back of the arms.



3. Use your thumbs to massage the wrists in circular motions.







5. Use your flat hand to circular the hands



6. Rub up the arms and back down to finish



Did you give or receive a hand massage?

Was it relaxing?