

Hand massage with Ann Young



New Directions: Maximising Independence

Name:

Date:

What you will need:

Home-made body scrub

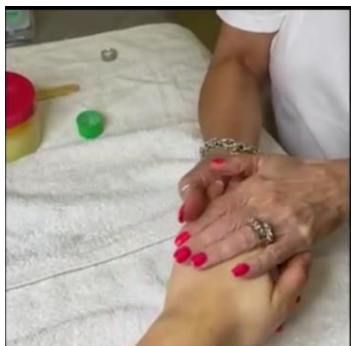
Baby oil or body lotion

Hand cream

Towel



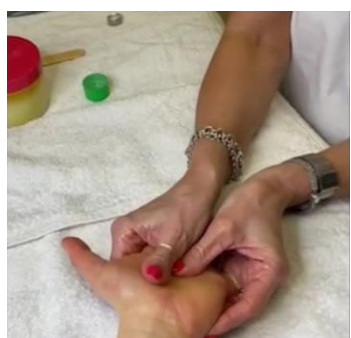
1. Start by adding the baby oil to your hand and rubbing them together to warm them up



2. Next, focus on the hand and arm rubbing the oil in circular motions up towards your elbow



3. Don't forget the fingers, massaging them one by one



4. Focusing on the palm of your hand, using your two thumbs and rubbing in circular motions

Why not add a face mask and some relaxing music to relax even more