

Hand Massage



New Directions: Health & Wellbeing



Name:



Date:

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



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



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



4. Use your hands to pull down each finger.



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?