

HAND MASSAGE

www.touchlearn.co.uk

- Sit comfortably
- Ask permission from your partner
- Warm the oil in your hands (use more if you have dry skin)
- Make a 'hand sandwich' with their hand between both of your hands
- Stroke the back of the hand
- Stroke up the outside of the arm to the elbow (firm going up and a light return)
- Roll each finger from base to tip 3 times
- Knead palm of hand
- Stroke up the inside of arm to the elbow (firm going up and a light return)
- Wrist soother
- Finish with a 'hand sandwich' again