

Arm & Hand Massage

Steps:

1. Remove jewellery (yours & your clients)

2. Sanitize hands (yours & your clients)

3. Apply oil to your hands to begin the massage.

Note: When you need additional oil during the massage, be sure to keep contact with the client. Thus, it makes most sense to have your massage oil in a container that has a pump.)

4. Range of Motion

- * First, rotate the wrist in large circular motions.
- * Next, rotate each individual finger in circular motions.

5. Effleurage

- * Light, continuous stroking movement.
- * Lead up the topside of the arm with your right hand while holding the clients' hand with your left hand. Upon return of your right hand, rub the underside of their arm until you reach their hand. Now your left hand repeats the same motion.
- * Do this about 10 times.

6. Petrissage

- * Circular kneading motions begin on the inside of the hand (palm).
- * Next, move onto the arm. Continue in small circular kneading motions.
One thumb moving over the other repeatedly.
- * Use thumbs to do this motion.

7. Friction

- * Deep rubbing movement
- * Use thumb again to do this
- * Really get in to work the arm

8. Place arm down and continue to gently stroke the arm a few more times.