



Massage Studio Muscles Mary

Hands Reflex zone Massage

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Introduction:

This workshop will teach you how you will be able to give a reflex zone massage. The reflex zone massage can also be done on the feet, we are going to focus on the hands today.

By applying pressure on certain points of the hand you will affect the corresponding body parts and organs. Reflex zone massage also named reflexology stimulates the self-healing power of the body. By harmonizing those powers whom sit within everybody's energy balance in the body and mind.

According to the theory but also noticeable within my practice, the reflexology stimulates body mind and soul. On the psychological it can have significant positive effects.

During the stimulation of the pressure points the relaxation will be improved and therefor the entire health and quality of live will be improved

During the massage there are several technics you can apply

- Applying pressure on a specific point
- To smooth or knead of the larger zone of the hands

All of the technics focus on stimulating points or zones to create a positive effect on other parts of the body.



You could say the zones (reflex area) on the hands (and feet) mirror the parts of our body that are in need of attention.

During the massage of the hand, the tension will release, the hands will be come flexible and feel softer. This in its turn will also trigger the relaxation of body and mind resulting in overall body relaxation. This massage can be applied on persons of all ages.

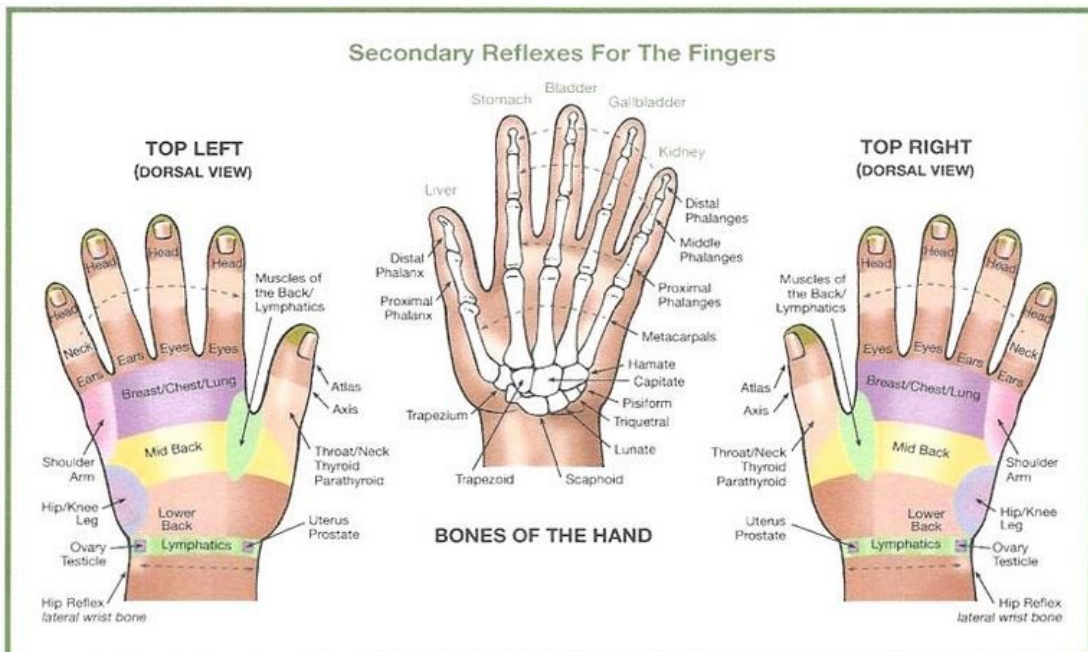
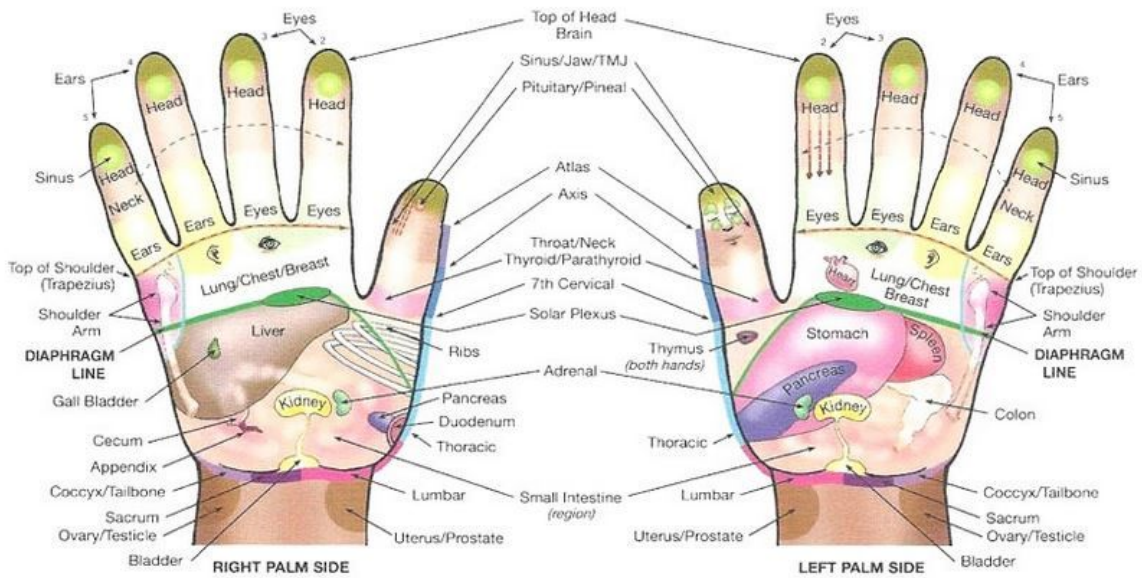


Contra indications:

- In case of fever
- Flu
- Infectious disease
- Infectious skin diseases
- Infections, bruise, swelling
- Recent operations
- Bruising
- Thrombosis-legs
- Cancel
- By any doubts consult with general practitioner

Relative contra indications:

- High Blood pressure
- Heart and vessels diseases
- Rheumatism
- Varicose veins
- Local inflammation or boil
- Pregnancy
- Allergy
- Eczema
- Diabetes
- Straight after a meal,





The Massage:

During the massage you will be sitting opposite of your partner. Make sure that both of you will have your feet flat on the ground and your back against the back of the chair if you are sitting on a chair

Hand between hands:

- Grasp with both hands the hand of your partner. Put one hand beneath and the other one top of the hand of your partner. Take slow breaths, in through the nose and out through the mouth. Hold the hand for approximately 10 seconds

Get Creme/oil:

- Grasp the massage creme or oil and hold it in your hand let it acclimated. Grasp the hand of your partner and apply the crème/oil across the hand.

Smoothing:

- Using both hands you make nice long smoothing strokes starting from the wrist to the fingers repeat this 3 times



Circle:

- Use both thumbs to make small circling motion across the palm of the hand and wrist
- Turn the hand over and repeat the above motion across the back of the hand and wrist

Finger valley:

- Smoothen using both thumbs on the back of the hand. Using the thumb over thumb movement apply extra attention on the fingers valley. Repeat this process 3 times.

Knuckle:

- Grap 2 knuckles with your thumb and index finger using both hands. Make a swirling motion approx. 5 time per knuckle. When you have reached the thumb your will make a swirling motion with the thumbs also at the knuckle .

Between the fingers:

- Hold the hand of your partner with one hand, using your thumb and index finger to grap the piece between the fingers. Apply a small amount of pressure with causing any pain. Apply the presure for approx. 10 seconds and move over to the other finger.



Fingers:

- Massage the fingers with a swirling motion. Apply this to the thumb, index finger and middle finger. From start until the nail. When you have reached the nail hold the finger from the side.

Hand between hands:

- Grasp with both hands the hand of your partner. Put one hand beneath and the other one top of the hand of your partner. Take slow breaths, in through the nose and out through the mouth. Hold the hand for approximately 10 seconds.

When desirable you will remove the crème or oil from the hand and continue with the next hand.