

FOOT MASSAGE in 6 Steps

1

STEP 1

Grab the foot with both hands then apply light to medium pressure using your thumbs. Apply pressure to the different pressure points found in the sole of the foot.



2

STEP 2

With the use of the edges of your hand, squeeze the heel between your forefinger and thumb. Adjust the pressure until it's still comfortable and hold for 10 seconds then slowly release. Repeat up to 1 minute



3

STEP 3

After the heel massage, awaken the nerve endings by scratching the bottom of your foot using your fingers and nails using light to medium pressure.



4

STEP 4

Gradually bend all toes towards the shin. Bend them as far back as you comfortably can and hold that position for 10 seconds. Release gradually and repeat three times.



5

STEP 5

Like in the previous step, slightly bend all toes and apply pressure to the ball of the foot using your thumb. Still holding on to the pressure, move your thumb to the base of your foot and apply pressure on sore points if there are any.



6

STEP 6

Finish the massage by inserting your fingers on each to spread the toes apart. Hold this position for 5 seconds then gradually release.



Message A Step By Step

Patrick Vollmar



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The Massage Manual Fiona Harrold,1992 The Complete Illustrated Guide to Massage Stewart Mitchell,1997 Provides an overview of massage as a therapy describes the body systems that benefit from the influence of therapeutic touch introduces the basic techniques of massage with step by step photographs discusses complementary therapies and looks at methods of self massage **Massage** Yvonne Worth,1997 MASSAGE STEWART. MITCHELL,1990 *The Book of Massage* Lucinda Lidell, Lucy Lidell,1984 A guide to the relaxing and healing skills of massage the ancient Japanese art of shiatsu and reflexology With step by step instructions the book guides the reader through the complete working sequence for each skill and provides detailed descriptions of appropriate strokes for each part of the body The book also explains what the body can tell you and shows how massage can be used to soothe to invigorate to relieve aches and tensions and to help in difficult circumstances from work to leisure from pregnancy to old age The Book of Massage Lucinda Liddell,2012-11-20 A beautifully illustrated introductory guide to the healing powers of a massage from traditional massage to shiatsu and reflexology The Book of Massage is the classic guide to the relaxing and healing skills of the hands Featuring both Eastern and Western methods it presents step by step beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology The Book of Massage offers easy to follow techniques for giving the perfect massage including advice on creating the right setting and suggestions for using aromatic oils and lotions Now revised and updated with fresh color photos and drawings throughout The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage **Thai Step-by-Step Massage** Nicky Smith,2012 This text outlines the origins and objectives of an ancient healing therapy which combines gentle yoga stretches with massage techniques and accupressure It also explains and demonstrates the elements and requirements of a typical session **Massage** Fiona Harrold,1992 **Step-by-step Massage** Carole McGilvery,1994 A comprehensive practical guide to massage for health relaxation and well being The Complete Illustrated Guide to Massage Stewart Mitchell,2010 Romantic Massage Sasha Craig-taylor,Vtct C. Craig-Taylor,2012-08-01 Romantic Massage gives detailed massage routines complete with 179 full colour photographs and diagrams specifically for couples who wish to improve their relationship as well as their health Guidance is given as to which oils to use what strokes to use and their benefits and how massage can improve muscle and skin tone **Facials and Massages** Tanu Kohli,2024-12-15 Facials and Massages Techniques for Radiant Skin empowers you to achieve glowing skin and a rejuvenated self This comprehensive guide delves into the world of facials and massages equipping you with the knowledge and techniques to cultivate a healthy pampered you We uncover the mysteries of facial care by exploring various facial types to target specific skin concerns like dryness oiliness or a combination Learn about the magic of face masks and how to choose the perfect one for your unique skin type Discover an array of facial treatments from deep cleanups to luxurious gold facials designed to combat aging Embrace the power of

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Massage is one of the most natural ways to de stress the human body With the ever increasing physical and emotional pressures of our world massage has the potential to reduce strain alleviate pain and bring relaxation and pleasure to everyone **The Complete Guide to Massage** Mary Biancalana,2015-12-04 Discover the healing power of massage therapy With The Complete Guide to Massage you can use the power of touch to soothe aches and wash away worries Each page guides you through the time honored practice with step by step instructions and photographs for massaging yourself and others You ll learn the different strokes and movements within a massage as well as techniques for popular methods including prenatal massage Swedish massage and trigger point therapy Whether you re looking to relieve muscle tension alleviate pain or simply de stress The Complete Guide to Massage will help you uncover a whole new world of healing and relaxation **Step-by-step Massage Therapy Protocols for Common Conditions** Charlotte Michael Versagi,2011-07-26 Step by Step Massage Therapy Protocols for Common Conditions is intended to give massage therapy students and practitioners the knowledge and confidence to work safely with clients who have medical conditions The text provides practical thorough protocols to help therapists support their clients while steering them away from doing any harm *The Complete Guide to Modern Massage* Ryan Jay Hoyme LMT, BCTMB,2018-12-11 Learn the healing power of touch with a new up to date reference from The Complete Guide to Modern Massage Massage is a natural method to relieve pain and reduce stress and anyone can learn how to do it The Complete Guide to Modern Massage offers an updated reference to learn popular techniques and feel the physical and emotional benefits of massage From classic styles such as Swedish or Shiatsu to new favorites like Ayurvedic and Thai this massage guide offers illustrated step by step instruction to master techniques from around the world Complete with massage practices for pain relief you ll learn how to heal your family friends partners and even yourself of common ailments with your own two hands The Complete Guide to Modern Massage includes An introduction to massage that outlines the history and basic principles of massage and how they relate to modern practice World famous massage techniques that include Deep Tissue Reflexology Tui Na Cranialsacral Reiki and

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