

DAILY DE-STRESS MASSAGE



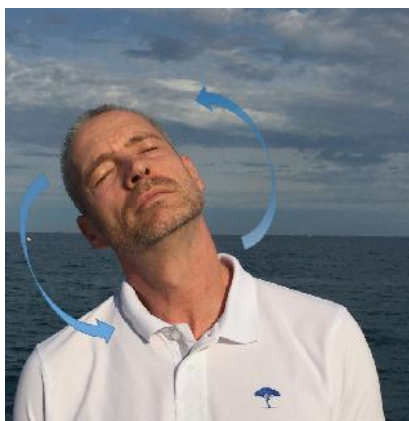
It is important in our daily life to take care of our mind and body. Relieving stress is an important component of well-being. An easy way to reduce stress and tension is by giving yourself an auto massage. An auto massage of 10 minutes each day will get rid of a big part of your stress and fatigue. The body will recuperate its strength and the mind will be at peace. These movements are simple and easy to execute and will procure immediate stress relief.

01 TRAPEZE MASSAGE



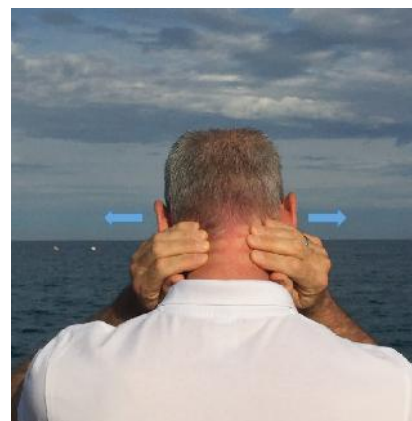
With your right hand massage the opposite shoulder using the palm of your hand. Gently squeeze from the top of the arm all the way to the base of the neck. Slightly tilt your head. Repeat on the other side.

02 NECK STRETCH



Very slowly and gently rotate your head from one side to another. Do not force and overstretch the muscle. Keep your neck relaxed, drop your shoulders and only stretch as far as feels comfortable.

03 BACK NECK STRETCH



Place both hands behind your neck and with your fingers pull slowly but firmly the neck muscle away from the spine so starting at the base of the head and work your way towards the lower neck.

04 OCCIPITAL MASSAGE



Place your hands on the back of your head. Your thumbs are placed at the line between the head and the neck. Press softly and rotate the thumbs following the base of the skull from the centre towards the ears.

05 SCALP RUB



Place your 10 fingers on your head. Make slow rotation movements with all fingers simultaneously. Massage the upper skin by pressing firmly your fingertips in the skin. Cover the entire scalp.

06 TEMPLE MASSAGE



Massage your temples by placing your three middle fingers on each side of the head between your eyes and ears. Rotate your fingers slowly in both directions with a little pressure.

Choose a moment of the day where you are sure you will not be disturbed. Turn off your cell phone. Sit on a comfortable chair. Keep your back straight. Close your eyes and relax your shoulders. Take a few deep breaths through the nose.

For more details contact Tel: +33 (0)6 51 36 93 65 or visit www.bluetree-massage.com