



# DOING THE DO-IN

Massage Guru Roel van Kuijck looks at the DO-IN massage, an ancient Chinese massage and breathing technique. It strengthens your energy and improves your immune system. It relaxes the muscles and releases toxins from our body. It also calms the mind and spirit. It is proven that a daily DO-IN session is efficient in order to keep up with the pace and rhythm of daily life. These exercises are simple, quick and efficient. It's a great way to start the day. So preferably in the morning and it takes only between 5 - 10 minutes. The DO-IN self-massage will give your body energy, vitality and strength.

## 01 POSITIONING



Relax your muscles, close your eyes and breathe slowly. Stay for at least 1 min while concentrating on each part of your body. Then rub your hands strongly together to create warmth and energy.

## 04 ARMS



With one hand make long, firm strokes over your complete arm. Start from the shoulder down to the hands and back again. Repeat 10 times as a minimum. Change arms and breathe slowly.

## 02 HEAD AND NECK



Massage your scalp, forehead, ears, cheeks and neck firmly by rubbing with intense and circular movements. Start on your scalp and work around your entire head and face. Finish with your neck. Breathe slowly.

## 05 LEGS



With two hands make long strokes over both legs. Starting with the buttocks move slowly down the back of your legs. Then over your feet and back up the inside of your legs. Repeat 10 times.

## 03 THORAX AND STOMACH



Massage your chest under your collarbone for 1 min, use slow circular movements. Then place one hand on the other on your stomach, making long rotational movements in a clockwise direction at least 20 times.

## 06 POSITIONING



Standing straight, close your eyes and inhale deeply. Discover how different your body feels after the DO-IN sequence. Your mind is clear, alert and vivid. You're ready for a new day!

Blue Tree offer bespoke massages using traditional techniques and are available in your home or on your yacht throughout the Cote d'Azur. For more details Tel: +33 (0)6 51 36 93 65 or visit [www.bluetree-massage.com](http://www.bluetree-massage.com)