



# HAVING A BALL

*Fancy a simple solution for tight muscles? Massage guru Roel van Kuijk introduces the tennis ball self massage*

Do you struggle with overly tight muscles? Are your feet tired a lot? Do you have excess tension in your shoulders or back? Did you know that there is a simple trick that you can do at home to help relieve tight muscles? The tennis ball self-massage techniques go into the deepest layers of your muscle and connective tissue. They'll relieve soreness, pain, and increase circulation. So grab a pair of tennis balls (you know there's one buried somewhere in the garage) and get started.

## SHOULDER MASSAGE



Stand straight and hold one ball on your shoulder blade. Roll the ball slowly in all directions starting from the base of your skull into the neck and towards the top of your arm. Bend your head down in the opposite direction. Continue for 3-4 mins and repeat on the other side.

## NECK MASSAGE



Lie down and place two balls side by side in a sock and settle them under the base of your skull. Breathe while you rest for 1 min. Gently nod your head as the balls nuzzle into the back of your neck. Then pivot your head from side to side, as if saying "no." Alternate back and forth for 3-4 mins.

## UPPER BACK MASSAGE



Lie down and place two balls together in a sock side by side on either side of your upper back. Interlace your hands behind your head and lift your head off the floor, bringing your chin toward your chest. Lift your bottom off the floor. Roll the balls up and down your upper back for 3-4 mins.

## LOWER BACK MASSAGE



Place 2 balls in a sock vertically between your bottom and your ribs and lie down on top of them. Breathe deeply while shifting your pelvis from side to side so the balls cross your entire lower back. Relieve pressure when approaching the spine. Continue for 5 mins.

## HAND MASSAGE



Place your hand on top of the ball while standing at a table. Place your other hand on top to apply more pressure, and squash the ball by leaning your body weight into it. Breathe deeply for 1 min, move the ball from side to side and then up and down. Repeat with the other hand.

## FOOT MASSAGE



While standing next to a wall or chair for stability, place a ball underneath the arch of your foot. Keep your heel on the floor and let your body weight sink in. Slowly roll your foot from side to side and in different directions so the ball crosses your arch. Continue for 2-3 mins. Repeat on the other foot.

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)