



Help yourself

Did you know that you have your own massage therapist with you at all times? Your hands! Roel van Kuijck advises on how to boost your energy during the busy season based on famous Californian massage techniques

Californian massage was developed in the 1970s during the New Age period at the Esalen Institute in Big Sur, California. The long, fluid movements in this massage completely sculpt and envelope the body. The comforting and reassuring touch of a Californian massage allows the recipient to let go of all tension and stress and promotes a feeling of physical, mental and spiritual wellbeing. It can help lower blood pressure and fight off other stress induced illnesses.

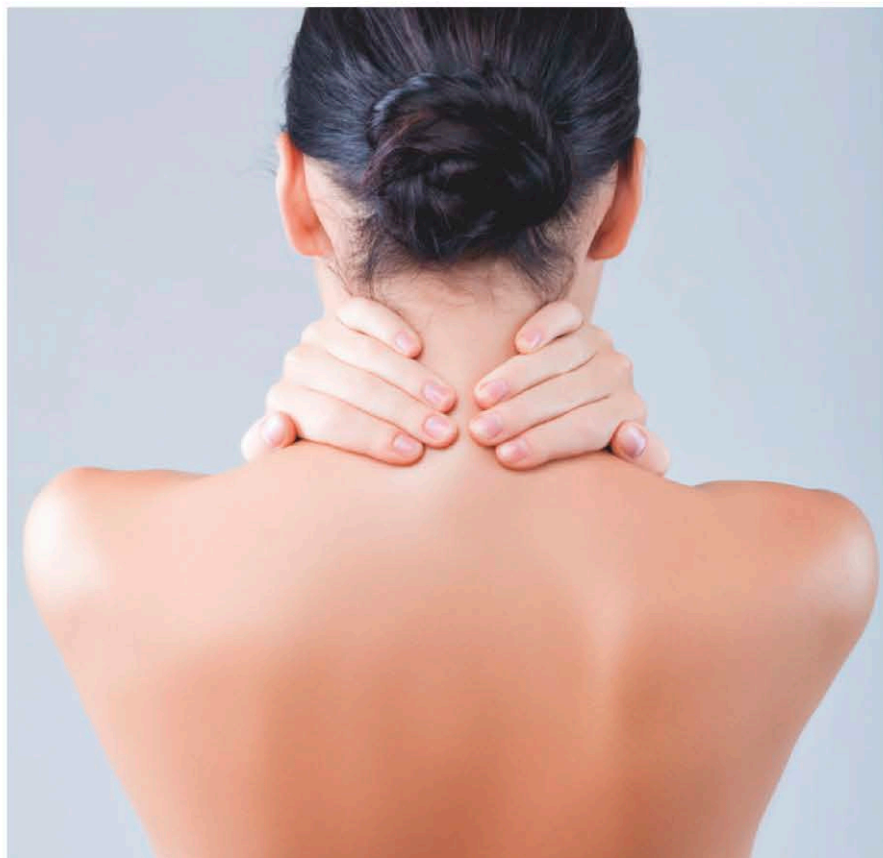
Before you start you need to create a quiet and peaceful environment, switch off your cell phone and put on some relaxing music. Apply a small quantity of massage oil on each treated area and feel the stresses of your day disappear.

HEAD AND FACE

Place all 10 fingers on your head and slowly make circular movements to massage the scalp. Cover the entire surface and increase pressure little by little. With your fingers massage your forehead in little strokes from the centre to the ears. Then massage your cheeks and chin. Finish by squeezing your ears between your thumbs and index fingers.

ARMS AND HANDS

Apply long stroking movements with one hand on the opposite arm. Massage your hands by making 'washing movements'. Pinch your upper hand, palm and each finger. Use different kneading and friction movements on all the muscles and tendons starting from your hands to your upper arm. Increase the pressure by using the palm of your hand as you move slowly up your arms.



SHOULDER AND NECK

Start working on your left shoulder with your right hand. Warm up the muscles with circular movements and gently increase the pressure using your palms. Knead the muscles between your palm and fingers up and down your neck. With your fingers apply light to medium pressure with small rotating movements. Reach right up to the base of your skull and the repeat on the other side.

LEGS AND FEET

Apply full strokes with both hands on one leg, starting from the foot towards the upper leg by using long fluid movements. Start kneading the foot and with your fist and make circular movements on the sole. Knead and rub your calves and upper legs with slow deep movements. Apply light pressure with your palms and knuckles to increase blood circulation when reaching the larger muscles in the upper legs.

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