

DIY Hand Reflexology

Pinching Tips

Begin your relaxing ten minute hand reflexology treatment by pinching the tips of each finger and thumb of your right hand. Reverse and repeat this process on your left hand. The pressure applied to your fingers should be firm, but not painful. A few seconds for each finger tip will do.



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Pinching sides of finger tips

At the tip of each finger and thumb pinch them again, this time squeezing from side to side.

Again, apply pressure, a little discomfort is okay. But, it is important not to inflict pain on yourself.



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Vigorous finger rubbing

Begin rubbing the tops and bottoms and also rubbing the sides of each finger and thumb. Vigorously rub back and forth from the base to the tip.



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Finger tugging

Grasp each finger (and thumb) at its base and tug firmly. Allow your grip to loosen slightly, grabbing it and gliding from the base to the finger tip until your finger slips out of your grasp completely.



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Pinch and pull webbed area between fingers

Using your thumb and forefinger firmly grasp the webbed area between your thumb and forefinger of your other hand. Keeping a firm hold, tug at the skin gently until the fleshy web snaps away from your grasp. Repeat this process for the webbed between areas on all your fingers.



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Massage top of hand with thumb

Rest the palm of your hand inside the palm of your free hand. Use your thumb to massage the back of your hand. Leisurely manipulate the knuckles and in between the knuckle area first. Continue to thumb massage each area on the back of the hand.



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Massage inner wrists

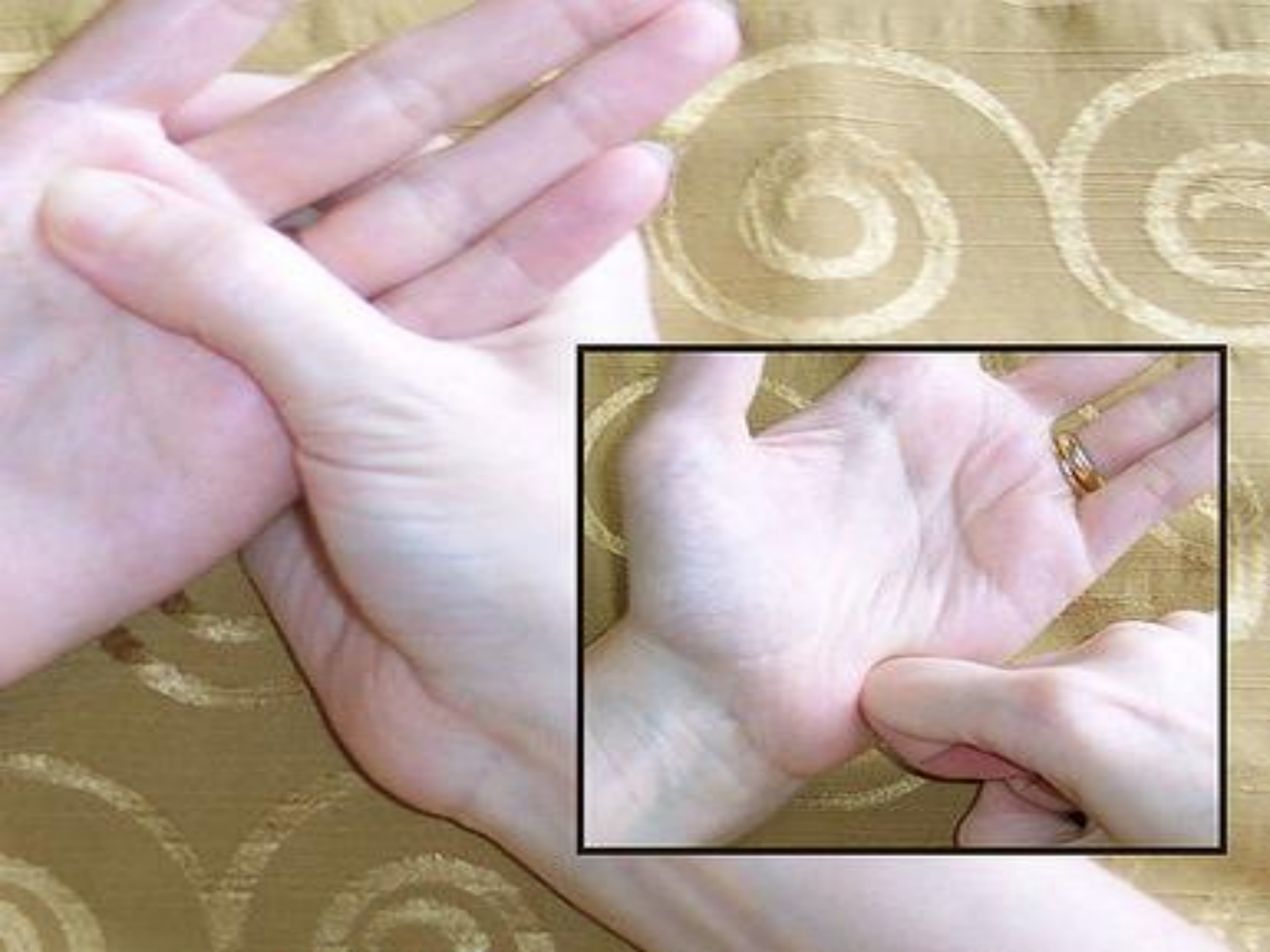
Gently cradle your wrist inside your free hand. Use your thumb to massage your inner wrist. This is an especially soothing massage for anyone who routinely uses their wrists in repetitive movements (i.e. using a computer mouse, typing, sorting letters).



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Palm massage

Massage the palm of your hand with your thumb and/or a finger knuckle . Alternately you can use your knuckle to massage the fleshier mound areas more deeply.



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Centering

At the end of your session press your thumb deeply in the center of your palm. This is a opportunity to relax, clear your mind, and focus on your healing intentions. Add this relaxing prevention treatment to pamper your hands once and month.

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