

Self Massage Workshop

Hello Everyone!

We have practical help for you today!

During these strange and stressful times, you will have had to manage increased levels of anxiety, it's been especially hard, social distancing has made it trickier to talk to our friends and get hugs, recently you may not have been able to see your therapist to get some pain relief. We are all looking at further lockdowns and other measures, the winter may be tough...

As we are struggling, I wanted to give everyone some easy techniques that you can do for yourself or your families. This workshop is about helping YOU!

I have 8 moves for you today. 6 of these have YouTube videos already, the other 2 will be up by the end of February, they are also available on Instagram - [massage.chris](#) and on my website www.massagechris.com

If you have specific questions or need my help please drop me a line at bigucklebis@gmail.com I will be happy to talk to you.

We are working today, starting with your hands then spine and arms, neck and shoulders then face and a quick release on your upper chest to finish. You could do all these moves in about 15-20 minutes whenever you need them, I would recommend doing the first and last if you have a spare minute or so. They will work for you, I use all of these on myself and show all my clients how to take care of themselves, right now it's important that you have clarity, feel strong and vibrant!

1 – The Palace of Anxiety

Let's start with your hands.

This move will drop your pulse rate by about 20% and it will warm up your hands, it is a gentle rub using the pad of your thumb in the middle of your other hand. It takes about 30 seconds on each hand to do it. I want you to sit in a chair and put your hands in your lap, resting on your leg. This is a quick way of managing your mental health, it gets you out of your head and strengthens your breathing and deals with high anxiety. You should do about 30 seconds on each hand.

Youtube - <https://youtu.be/vRunMJMS9E>

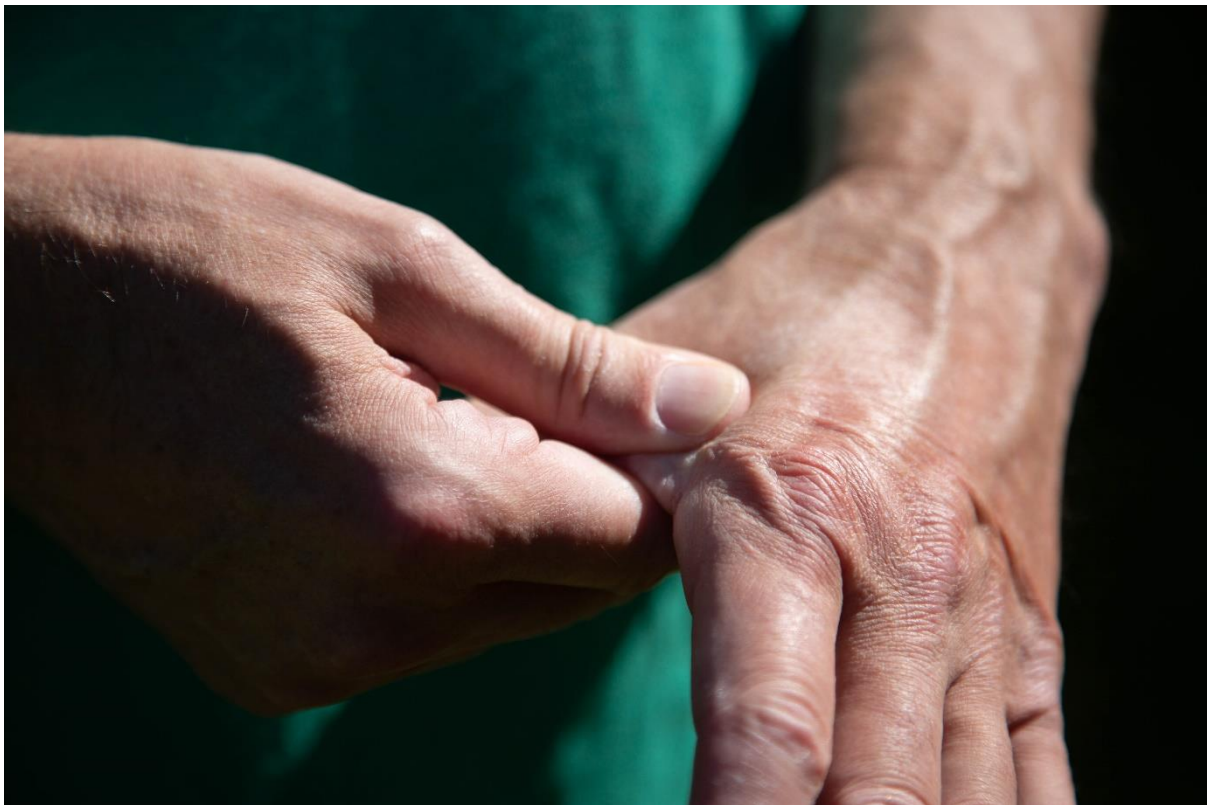
2 – The Great Eliminator

The first thing I should say is, don't do this one if you are pregnant or trying for a baby!

We use this move to induce labour.

This pressure point is between your index finger and thumb. On the top of your hand is the Eliminator, this removes toxins from you... It will help with tummy problems, pain relief, period pain, headaches and it's a great hangover cure! On the other side of your hand, we are working on your lungs, so you can breathe deeper and your shoulders and neck will relax. This point can be sore, I want you to be gentle when you apply pressure to the area, I'm happy for you to have a dull ache but avoid sharp pain, this doesn't have to hurt to be effective. The move should take another 30 seconds on each hand. Drink a glass of water after this move, it will flush out toxins and you will feel better the following day.

YouTube - https://youtu.be/j_dvGLIy4N0



3 – Shaking & Swaying

Swaying - For this move we are all going to stand up! Most of the moves can be performed everywhere, stood or sat, for this one we need you moving!

You will stand up and initially sway, turning your trunk around gently using your arms to add to the momentum, this is gentle and gravity led, so it is not pulled or forced.

You should do this for 30 seconds to a minute, if it feels good! It will get your spine moving, helping to get blood flowing around your neck, shoulders back and tummy. It energises and wakes you up.

Shaking – This is done one arm at a time, loose fingers, loose wrists, loose elbows and relaxed shoulders. Imagine you are shaking some water off your fingers, the movement and speed reflects that here. If you do this move for 40 seconds on each arm, it will give you tingles all the way down to your hands, that is blood going to areas it hasn't visited recently. This will deal with some shoulder and neck pain, help with carpal tunnel in wrists and Raynaud's (blue fingers or ice cold hands) it will also help with tennis elbow and frozen shoulders too.

<https://youtu.be/VN62SudwgHM>

4 – Neck Slide

This is designed to take the weight of your heavy head out of the equation, so we can massage your neck in isolation. This massage move with ease tension in your neck, shoulders and back, it will help with headaches too. It will give you better head movement & rotation and generally allow your shoulders to relax and drop down. I would recommend you do this exercise for 2 minutes on each side of your neck. We use the flat of your open hand drawing it from under one ear slowly around your neck and off, it warms and softens neck muscles as we work across them, it can be sore, be gentle with the pressure.

YouTube - <https://youtu.be/506l2CH8g7Y>

5 – The Shoulder Pull

Again, if you are pregnant, avoid this one please!

We are working with all your fingers together, like a letter “C” Reaching over your shoulder to your upper back and neck, this is a pull and release, it allows you to break up tension in your shoulders and neck, churning blood into tight muscles and reminding your body where it is painful, so that whilst you sleep unconscious body will fix it! There is something very satisfying in pressing something that hurts, do try not to bruise yourself though... When I'm massaging anyone, we spend a lot of time working in this area, sitting at a desk all day is especially bad at creating pain for you. I would recommend about 2 minutes each side to start with, as you become more experienced and comfortable, go for 2-5 minutes each side with this one and the neck slide. We have added a couple of moves to this routine, I will show you during the workshop and they will be included on the video.

I don't have a video for this move yet, we are practicing, this video will be up next week!

6 – Face Time!

Like it says, we will do some smoothing on your forehead and at your temples, then work around your eyes and the sinus points nearby. This feels lush!

It will give you clarity and help with headaches and wrinkles! You could spend loads of time on these moves, I would too. I don't have a video for these moves yet, sorry.

7 – Safer Hands

I want you to get the most out of the massages you give yourself, with that in mind here are a few little tips so you use your hands safely and manage your energy and time.

https://youtu.be/tRw8HPh_Yk4

8 – The Deep Sigh

This is our final self-massage move today. This is my favourite, as it will get you out of your head quickly and without any fuss!

You will place one hand over the other resting each in the middle of your chest next to your heart, there is a point that allows you to sigh, it is a deep release. Very good for your sanity, it helps with panic attacks and it will balance and calm you down! Use it whenever Covid drama gets too much.

YouTube - <https://youtu.be/5ZMgLqOhoFc>



Please use these moves whenever you need them, pass them on to others in distress too, there will be some couples massage for lockdown that I will do later this year. If you want to book me for a treatment, drop me an email and I will set up a time and date that suits you. I come to your home or business with my massage chair, wearing a mask and temp checked, we all wear clothes, so I will keep you warm and comfortable.

If you need a chat call me on 07971 813721.

If you are looking for a therapist I could recommend near you please drop me a line, I know amazing professionals all over the country.