



# Hand Massage

A hand massage is a quick, relaxing technique that you can use every day.

1

Clasp your fingers together and rub the heels of your palms together in a circular motion

With your hands still clasped, take one thumb and massage the area just below your other thumb in a circular motion moving outward to the center of the palm

2

Unclasp your fingers and use your right thumb and index finger to gently knead your palms, wrists, and the webbing between your fingers on your left hand then lightly pull each finger for 1-2 seconds at a time.

3

Repeat step 3 using your left hand to massage your right hand

4