



DO-IT-YOURSELF-MASSAGES

Help yourself release tension with these healing massages.

Based on medical traditions more than 2,000 years old, Chinese self-massage techniques can help release tension and reduce anxiety — without the cost of visiting a professional therapist.

Here are some examples of self-massage techniques:

Wash face

Start by rubbing your hands together quickly until they are warmed by friction. Place the palms on the forehead and, pressing into your face, pull your hands down until your fingertips touch your chin. Circle your hands around your face a couple of times as if washing it.

Palm eyes

Rub your hands together and cover your eyes with your warm palms. Hold for about 30 seconds with your eyes open to receive the warmth of your hands.

Ear rub

Use your thumb and index finger to gently rub your outer ears until they are warm. Gently pinch and press the whole ear.

Shoulder massage

Reach back to your shoulder and neck with one hand and press and knead the muscles in that area. Repeat on the other side.



Source: <http://www.newmayoclinicdiet.com/news2008-mchi/4880.html>