This Simple Guide Will Make You a Guru of Massage

A relaxing massage doesn’t require any specific methods. You can easily give a great massage by following the guide that **Bright Side** has prepared for you.

First of all, provide a comfortable temperature: it shouldn’t be excessively hot or cold in the room. Take into account the fact that the body cools during the process. It’s better to give a massage on a hard surface, focusing on the neck, shoulders, and back.

1.

Start with light massaging moves. You should move from the shoulders to the waist and back. The movements to the shoulders should be more intense but still soft at this stage.

2.

Use your entire palm during the process. You can start enhancing the moves.

3.

You can pay special attention to the shoulders, as they’re particularly affected by a sedentary lifestyle. Just increase

the massage time in this area. You can apply acupressure techniques, gently pressing on specific points.

4.

Don’t massage the spine in any case. When working in this area, move along the back long muscle fibers.

5.

All kinds of limb massage start with light warming strokes. If there are problem areas with localized pain, they should be massaged by pressing on them alternately with thumb pads (first one calf, then the other).

6.

The basic requirements to perform facial massage are: the muscles you’re working with should be maximally relaxed; the massage is performed smoothly, rhythmically, slowly, and painlessly; you move in the direction of muscle fibers; when rubbing the captured skin, gently squeeze it and press to the facial bones.

You can end the massage session with light patting or moving across the back (bottom-up) with your fingertips. This will soothe the skin.

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