HAND MASSAGE

Everyday, our fingers are constantly moving. From writing to typing to just plain fidgeting, our fingers rarely get a chance to relax.

And it only really takes 5 simple steps to

STOP AND RECHARGE your hands!

STEP ONE
Stretch out your fingers
- Have the fingers of one hand support the back of the others
- Place your thumb at the tip of your baby finger – push it back until you feel a comfortable stretch
- Repeat with your other fingers

STEP TWO
Gently shake your fingers
- Take your baby finger & begin to loosen it up by gently shaking it
- Rotate your finger clockwise for a few moments, then counter clockwise
- Repeat with your other fingers

STEP THREE
Gently tug your fingers
- Make a loose fist around your thumb
- Tighten your fist and gently tug your finger to loosen and lengthen it
- Repeat with your other fingers

STEP FOUR
Squeeze your fingers
- Place your thumb and finger on either side of your thumb’s nail bed
- Gently squeeze to stimulate the flow of energy in the body
- Repeat with your other

STEP FIVE
Shake your hands out
- Gently shake out your hands to see how your fingers feel
- They should feel lighter and perhaps even tingly

Check out www.bewell-dowell.org for more info