

Daily Peer *Massage* Routine

Presentation created by

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Learning Support Service. Reading.

Daily Massage Routine

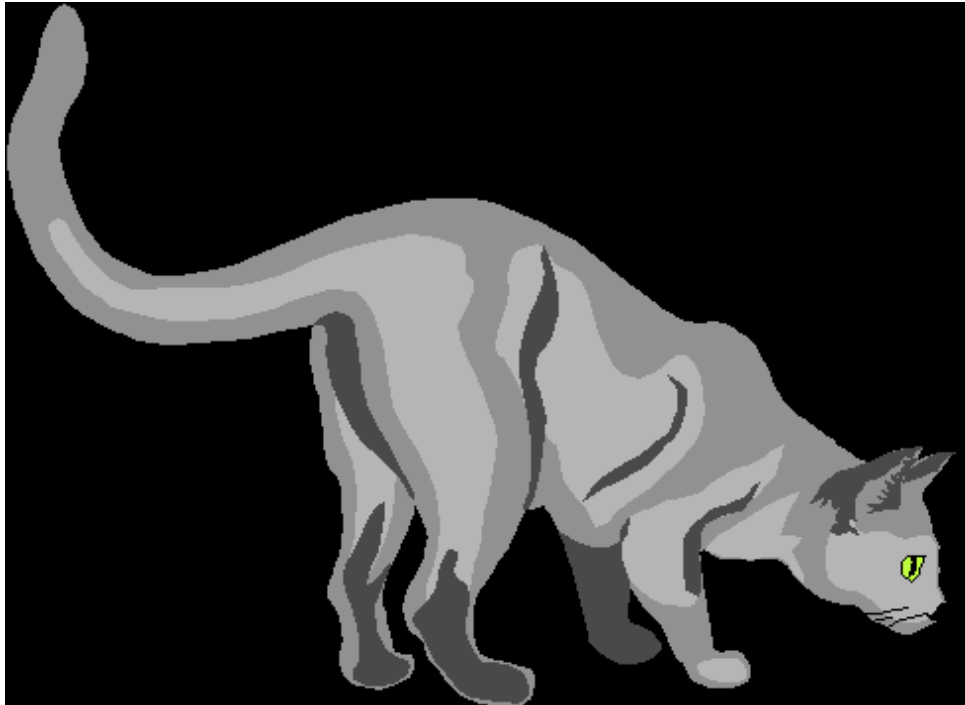
Ask permission to
touch your partner

eye glasses x 3



Make three circles around the shoulder blades.
Stroke out to the arms and hold

cat grip



Stand at the side of the person receiving the massage with one hand behind the neck and the other on the forehead. Take a 'cat grip' around the neck and make gentle movements with the fingers on one side and the thumb on the other side.

baker / kneading



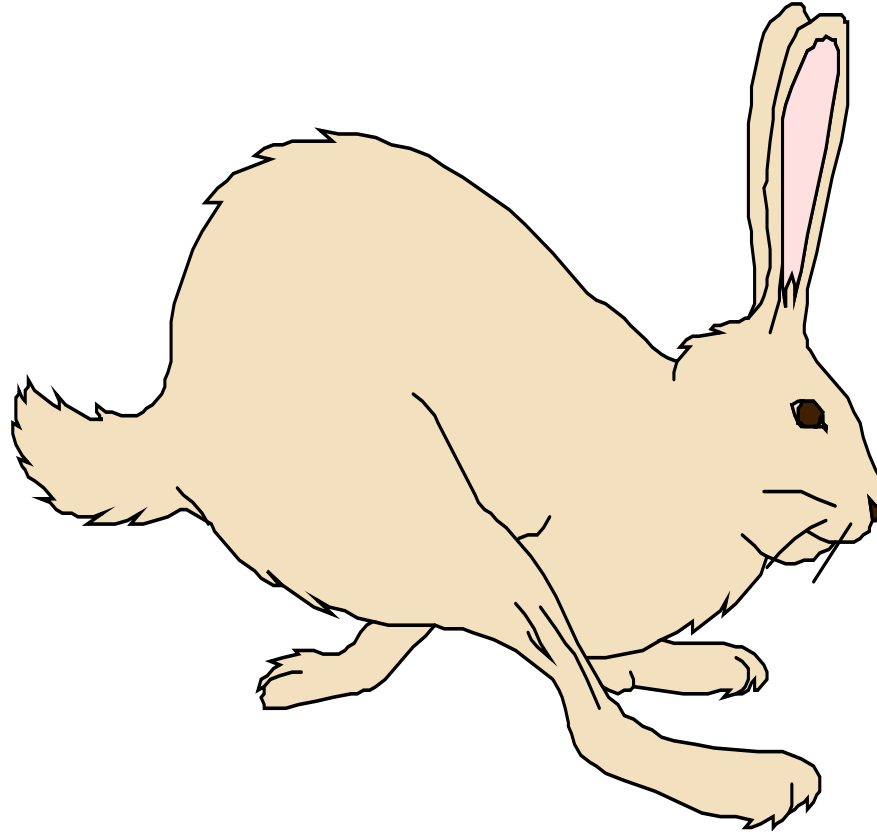
Place hands on shoulders again and make gentle squeezing movements with the palm and fingers.

climbing down a rope x 3



Kneel down to one side of the person receiving the massage. Place one hand just under the arm pit. Press firmly yet gently and 'climb', hand over hand, down the arm to the hand.

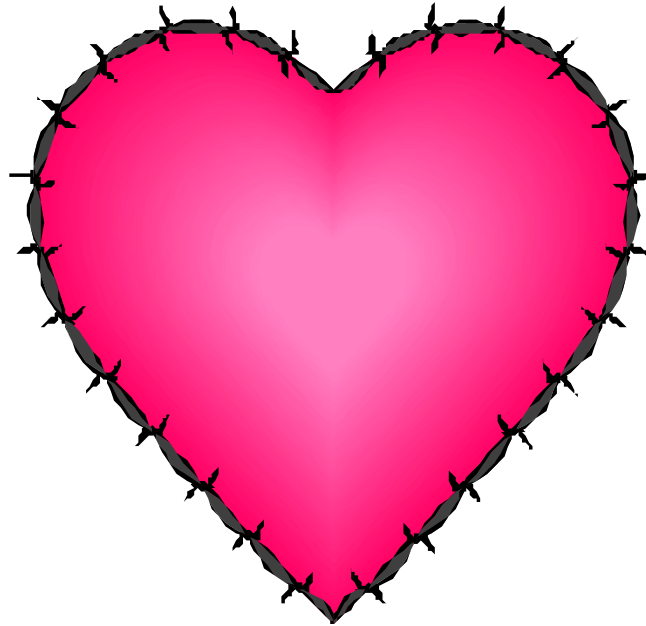
bunny hops



Climb down a rope (see before).
Press gently with thumbs in the palm of
the hands. Climb back up the rope.



hearts x 3

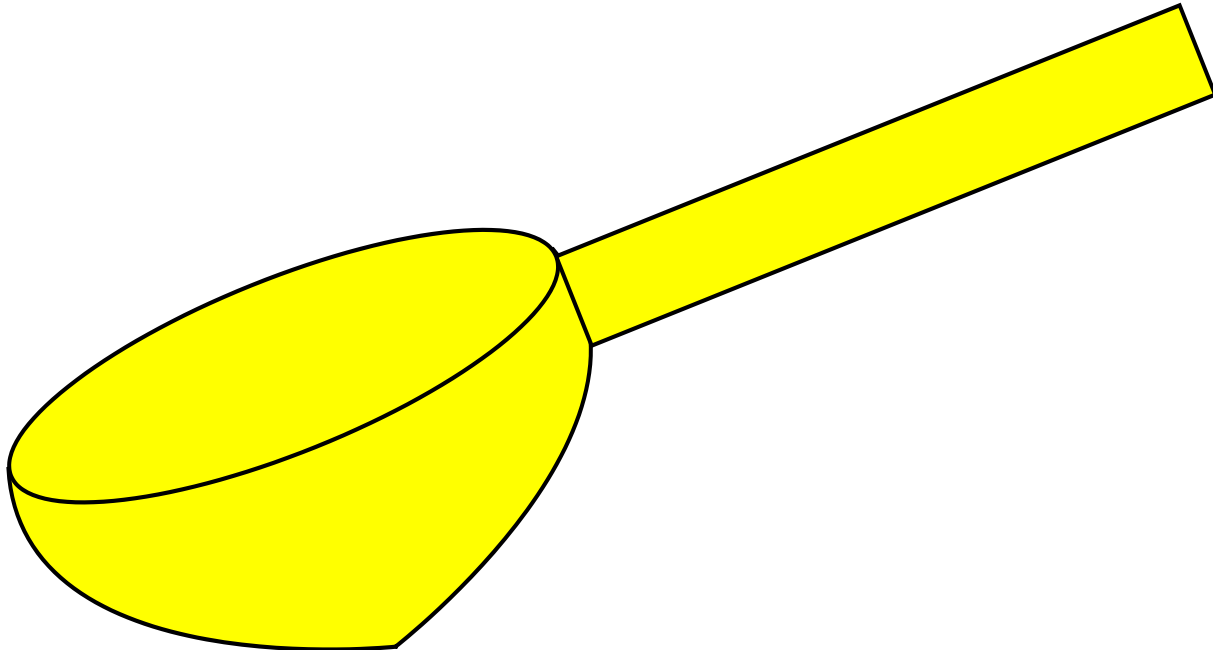


Begin at the base of the spine, moving up with one hand either side of the spine.

Move the hands upward making a heart-shaped formation, and coming back down to the base of the spine. Continue making larger and larger heart shaped formations.

Note : for this stroke, we need to place our hands each side of the spine.

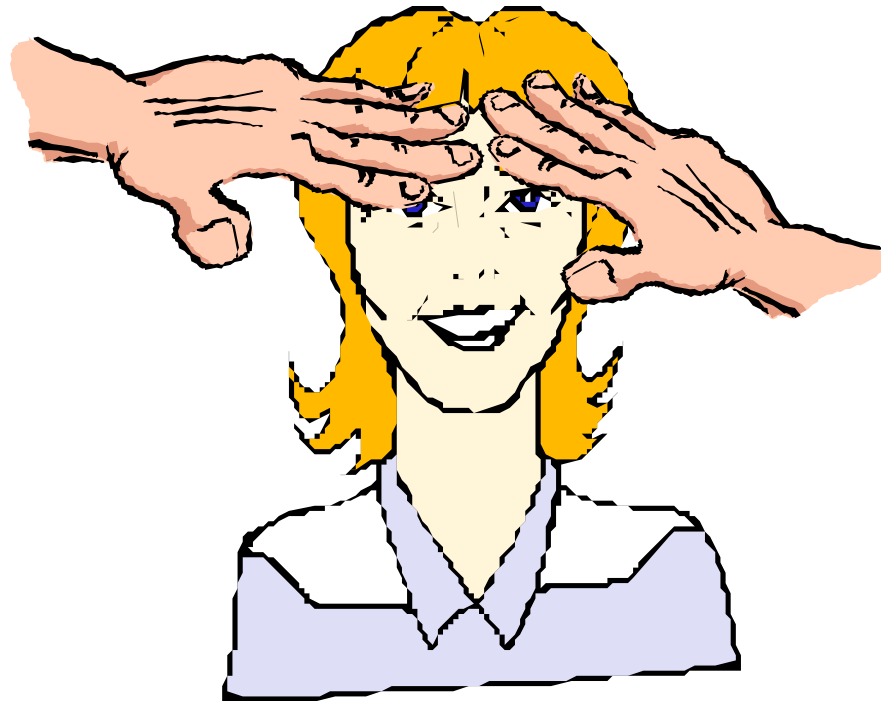
scooping x 3



Stand behind the left side of the person's back. Place your right arm on the shoulder and make gentle half circles with arm and wrist.

Repeat with the left arm on the right shoulder.

forehead stroke x 3



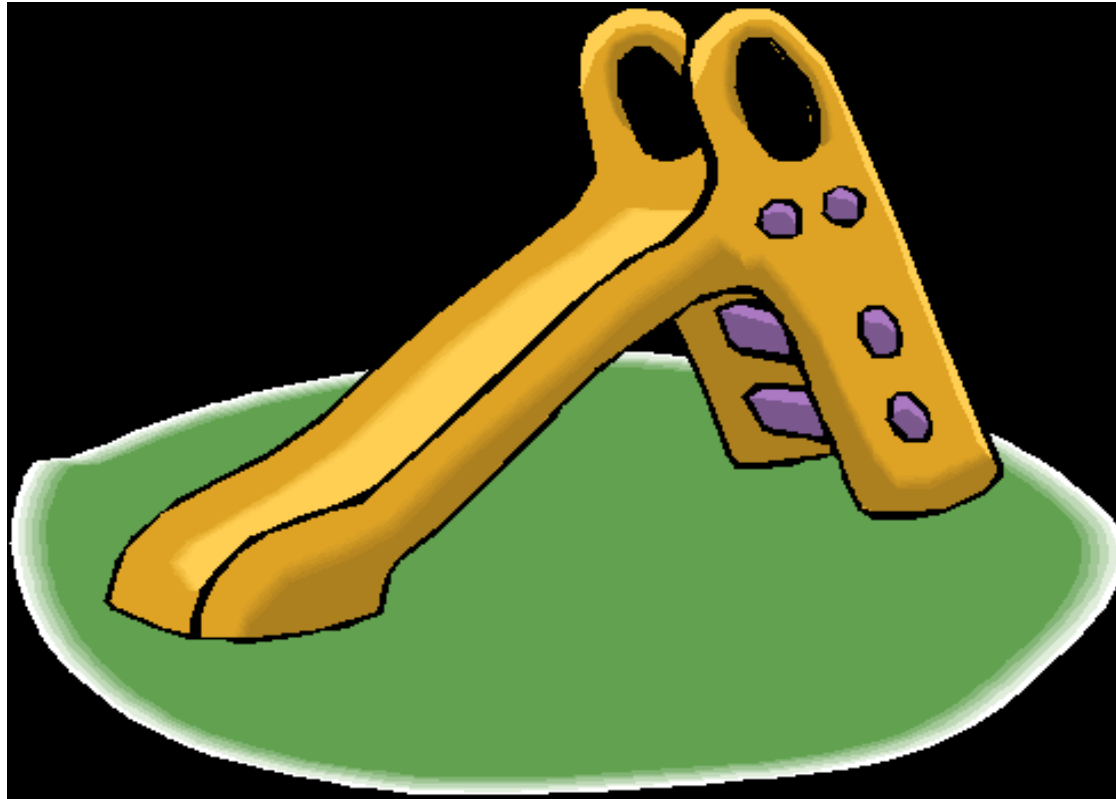
Place the fingers on the forehead and stroke out to sides. Hold the head for a couple of seconds.

Hairdresser



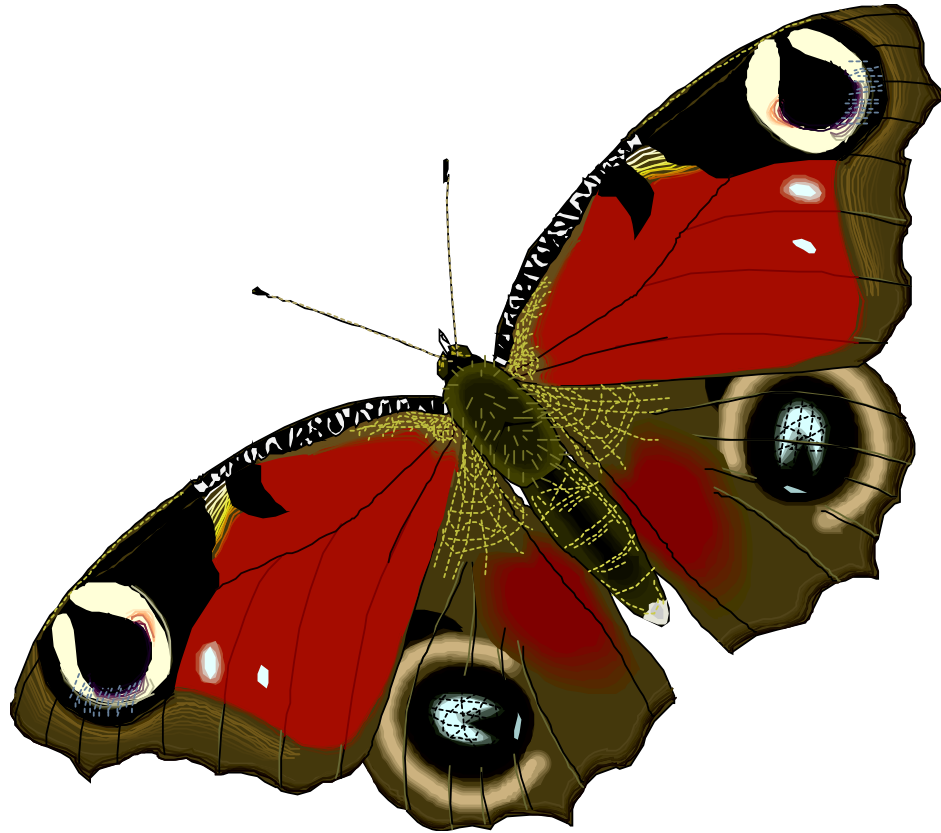
Place fingers on top of hair, make circles with fingertips.

sliding board x 3



Stroke from the head down the neck and over the shoulders.
After the final time keep one hand on the shoulder and
continue to the next stroke.

butterfly x 3



Hands on the middle of the back. With one hand cross over diagonally to the opposite shoulder. Give a little hug and bring hand back to the beginning. Repeat with the other hand.

bear walk x 3



Place hands on either side of the spine, almost at the bottom of the spine. Press one hand after the other 'walking' up the back.

ice skating x 3



Place the sides of hands on each side of the spine. Move hands back and forth up the spine

brushing the horse x 3




Stroke with one hand at a time from the neck down the centre of the back.

brushing off the snow x3



Stroke rather quickly from the head down the shoulders
then from the head down the back.



Everyone say
'thank you'
to each other.