

SHIATSU SELF MASSAGE

Shiatsu self-massage is an ancient Japanese healing practice that is highly effective in promoting relaxation, reducing stress, and relieving tension and pain. This technique involves applying gentle but firm pressure to specific points on the body using the fingers, palms, and elbows and working along the meridian lines used in acupuncture. By applying pressure in a rhythmic and circular motion, utilizing the strength and sensitivity of your fingers, you can stimulate the body's natural healing processes and promote a deep sense of calm and relaxation. The coloured dots indicate the approximate positions of specific pressure points. Each colour relates to a particular meridian.

● Bladder Meridian ■ Heart Governor ● Liver Meridian ● Lung Meridian ● Small Intestine Meridian ● Spleen Meridian
● Kidney Meridian ■ Triple Heater ● Gall Bladder M. ● Large Intestine M. ● Stomach Meridian □ Heart Meridian

RELAXATION



1. Hold foot firmly with both hands.
2. Press thumbs firmly into sole.
3. Rub vigorously in a circular motion.

ENERGY BALANCE



1. Separate each toe.
2. One by one, hold each toe between the index finger and thumb.
3. Massage the area around each toe repeatedly.

ENERGY FLOW



1. Apply even pressure against chest using both hands and all fingers.
2. Move hands and fingers slowly up and down while applying even pressure.

CONCENTRATION



1. Push gently upward.
2. Hold for a 3 count.
3. Push downward.
4. Repeat several times.

STRENGTH



1. Hands on sides.
2. Thumbs on back.
3. Apply pressure. Move up & down.

CONFIDENCE



1. Four fingers on solar plexus. Other hand on top.
2. Massage with gentle pressure.

CREATIVITY



1. Press with both hands against cheekbones.
2. Increase pressure.
3. Hold
4. Let go
5. Repeat.

ENDURANCE



1. Use three fingers of both hands.
2. Apply gentle pressure.
3. Change sides.
4. Repeat

MENTAL FOCUS



1. Gently place index fingers into ears.
2. Move back and forth, applying slight pressure.
3. Rotate gently.
4. Repeat

METABOLISM



1. Place index finger at right angle to nose.
2. Rub left to right and back.
3. Repeat twelve times.

TENSION



1. Hold head in both hands.
2. Apply gentle pressure.
3. Rotate the head and fingers point to temples.

MUSCLE TENSION



1. Hold affected area between thumb and fingers.
2. Apply gentle pressure.
3. Stroke it sideways.

1. Use fingers to press into shoulder blade.
2. Use elbow with free hand.
3. Push gently into the pressure point areas.

HEADACHE



1. Hold sides of head in palms.
2. Push in.
3. Shift fingers across skull.
4. Press and repeat.

EYE FATIGUE



1. Cover face with hands.
2. Press gently and hold.
3. Massage temples clockwise.

VITALITY



1. Hold arm between thumb and fingers.
2. Apply pressure.
3. Move up & down.

SAMPLE SCREENSHOT

Massage How To Guide

Leon Chaitow, Sandy Fritz



Message How To Guide:

The Massage Therapist'S Handbook Michael Alicia,2011-08-19 This guide provides the beginning massage therapist with the tools to start develop and maintain a successful practice After nearly two decades of teaching at the Swedish Institute and maintaining a successful practice Michael Alicia LMT provides a practical manual to help beginning massage therapists establish a successful practice The Massage Therapists Handbook navigates through the array of business decisions necessary to start a business from what and where to practice to what to charge and when to work It answers the basic questions of be ginning a massage business How do you get clients How do you keep clients What do you need to be successful How should you advertise How do you stay healthy and balanced The Massage Therapists Handbook gives valuable advice gathered from successful therapists explaining the everyday rigors of developing and maintaining a healthy and sustainable career in massage Michael Alicia has done a great job with a step by step book for starting a successful massage practice Whether new to the field or a veteran anyone wishing to improve their practice can benefit from his experience and guidelines This text will serve as a great resource for years to come Jenn Sommermann BS LCMT Professor of Business and Ethics Swedish Institute

Massage Guide Luise Hakasi,2017-01-13 Massage does not only influence skin connective tissue and muscles mechanically but has also a positive effect on the psyche Developed thousands of years ago in Asia and Africa Massage finally came to Europe and USA and is now prescribed by doctors as manual therapy and prevention measure Massage increases circulation and stimulates the metabolism relaxes relieves pain improves tissue and affects the autonomic nervous system in a significant way This guide provides information on the main types of massage

A Massage Therapist's Guide to Understanding, Locating and Treating Myofascial Trigger Points Leon Chaitow,Sandy Fritz,2006-01-01 Describing the background to the evolution of Rnon specificS backache as well as the assessment and treatment methods ideal for use in combination with massage therapy deriving from physical therapy osteopathic and chiropractic sources this book describes these methods individually and then integrates them into a detailed description of a massage session focusing on the person with backache

Spa Bodywork Anne Williams,2007 This textbook guides massage therapists through each step of delivering a spa treatment from consideration of the indications and contraindications to scope of practice issues supplies room set up specific procedure steps and ideas for integrating massage techniques spa products and enhancing accents While wet room treatments are discussed the focus is on dry room treatments which can be delivered in a wider variety of settings More than 250 full color photographs illustrate each technique and treatment Treatment Snapshot boxes provide a quick overview of the treatment before the detailed step by step procedures section Sanitation Boxes offer clean up and sanitation tips Sample Treatments include promotional descriptions product recommendations and recipes for creating inviting smell scapes

Healing Massage Maureen Abson,2016-10-04 A full color manual for massage therapists and bodyworkers a client centered guide for hands on techniques communication skills treatment protocols and contraindications

Practical techniques and step by step instructions for treating more than 40 conditions Healing Massage is an indispensable manual for effective evidence based treatment Supplemented with full color photos and detailed anatomical drawings this book is a comprehensive resource for professional MTs students and home practitioners Part 1 details techniques for hand foot head and back massage Part 2 offers an A Z guide for treating or managing the symptoms of 40 medical conditions with massage therapy including Repetitive stress injuries Chronic fatigue syndrome myalgic encephalopathy Constipation and digestive issues Scar tissue Rotator cuff injury Tendonitis Whiplash Tension headaches and more Part 2 also includes background information clinical insights contraindications and detailed massage therapy treatment plans for each condition With emphasis on client centered care this book helps manual therapists and bodyworkers do more effective work by understanding underlying causes and learning to apply safe therapeutic massage techniques within their scope of practice

The Complete Illustrated Guide to Massage Stewart Mitchell,2002 This book is a beautifully designed informative and practical guide to the therapeutic powers of massage **The Complete Guide to Massage** Carole McGilvery,Jimi Reed,2002 A good massage is as enjoyable to give as to receive and with the right guidance and a little practice everyone is capable of giving a wonderful therapeutic and pleasurable massage themselves **Evidence-based Therapeutic Massage**

Elizabeth A. Holey,Eileen M. Cook,2012-03-19 Now in its third edition this practical clinical guide for both students and practitioners is further strengthened by the addition of online video clips which demonstrate how to apply a range of massage techniques The text s research base and references are fully updated aiming to provide the reader with the most pertinent evidence to support the use of massage for particular injuries and conditions New improved and expanded chapter on Massage in Sport including section on athletes with disabilities Written by a sports specialist physiotherapist with experience of working with national teams at world and Olympic level Expanded chapters on Relaxation Massage formerly Sedative Massage Reflex Therapies formerly Specialized Techniques Case studies throughout the chapters Evolve Resources use your unique PIN code to access video clips of tutorials and demonstrations of massage techniques as identified in the book *A Physician's Guide to Therapeutic Massage* John Yates,2004 As consumers increasingly choose to blend their use of

medical and complementary modalities practitioners in all health fields are challenged to understand each other s approaches to patient care The physician who cannot provide knowledgeable advice about concurrent use of practices like massage therapy risks being out of touch with the benefits they can provide as well as the health considerations for different populations Massage therapists need an evidence based understanding of their work and a shared language in order to engage in meaningful dialogues with medical doctors with whom they share patients [A Manual of Therapeutic Exercise](#)

and [Massage](#) Carl Hermann Bucholz,1917 Bouve collection **A Manual of therapeutic exercise, and massage, designed for the use of physicians, students, and massuers** Carl Hermann Bucholz,1917 [Thai Massage Manual](#)

Maria Mercati,2005-08 Thai Massage is the touch that enhances health happiness and wholeness and with more than 150

expertly demonstrated sequences unfolding on these pages everyone can enjoy its benefits Sometimes called yoga in action Thai massage has worked its relaxing wonders for more than 1 000 years Explore its secrets with a detailed program that includes ten complete lessons each concentrating on a particular part of the body Like other forms of massage it employs a flowing sequence of stretches but instead of using only your fingers pressure is applied with the thumbs palms elbows knees and feet Full color photographs of every move match still shots with superimposed artwork that indicate the direction of the movements Each technique is clearly explained and its benefits from improved flexibility to increased vitality detailed All of the techniques are shown in sharp color photographs that are pleasing to the eye Descriptions of the techniques are clear

Massage Therapy Journal The Complete Guide to Massage Susan Mumford,1995 Who hasn't responded to the blissful touch of massage as stress fatigue aches and pains melt away under practiced hands This lavishly illustrated guide helps readers learn to create the delightful benefits of massage at home providing a user friendly text that takes them along on a carefully graduated program from simple basics to total massage 320 color photos Manual Therapeutics, a Treatise on Massage Douglas Graham,1902 Massage, manual treatment, remedial movements, history, mode of application, and effects Douglas Graham,1913 *The Art of Massage* John Harvey Kellogg,1919 International Handbook of Massage Therapy (Volume -1) Dr. Jogiswar Goswami, Dr. Pankaj Pandey, This handbook isn't focused on massage techniques theory or anatomy Instead it's designed to guide practitioners on the entrepreneurial and client experience aspects of massage therapy It covers how to become a successful professional in the field no matter the location by paying attention to the details that truly matter **A Massage Therapist's Guide to Pathology** Ruth A. Werner,2002 This essential tool teaches you how the human body works when it is healthy how it works in the context of disease and dysfunction and how massage may or may not fit into the healing process of a wide variety of specific disease and conditions you are likely to encounter in your practice It provides a thorough examination of each condition including demographic definition etiology signs and symptoms common treatment options and applicability of massage **An Introductory Guide to Massage** Louise Tucker,Jane Foulston,2010

Step By Step Head Massage Eilean Bentley,2002-03

Uncover the mysteries within is enigmatic creation, **Message How To Guide** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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Table of Contents Message How To Guide

1. Understanding the eBook Message How To Guide
 - The Rise of Digital Reading Message How To Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Message How To Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Message How To Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Message How To Guide
 - Personalized Recommendations
 - Message How To Guide User Reviews and Ratings
 - Message How To Guide and Bestseller Lists
5. Accessing Message How To Guide Free and Paid eBooks
 - Message How To Guide Public Domain eBooks
 - Message How To Guide eBook Subscription Services
 - Message How To Guide Budget-Friendly Options
6. Navigating Message How To Guide eBook Formats

- ePub, PDF, MOBI, and More
- Message How To Guide Compatibility with Devices
- Message How To Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Message How To Guide
 - Highlighting and Note-Taking Message How To Guide
 - Interactive Elements Message How To Guide
- 8. Staying Engaged with Message How To Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Message How To Guide
- 9. Balancing eBooks and Physical Books Message How To Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Message How To Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Message How To Guide
 - Setting Reading Goals Message How To Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Message How To Guide
 - Fact-Checking eBook Content of Message How To Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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