

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

Michael Alicia



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 businessfrom 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 **Healing Massage** Maureen Abson,2016-08-09 This practical detailed and accessible guide to using massage to treat a range of medical conditions will educate and empower both massage practitioners and non professionals who want to safely and effectively make a difference in the well being of a friend or family member Chapters are conveniently organized alphabetically so that the reader can easily find helpful treatments for more than 40 medical conditions such as asthma cancer frozen shoulder and plantar fasciitis Bringing together Eastern and Western understandings of the body health and wellness this user friendly sourcebook defines and details each of the conditions any contraindications to massage and massage protocols and instructions including how often treatment should be administered Healing Massage can make treatment and pain relief both available and affordable to those who might not have access to expensive professional treatment It can also provide substantial and detailed information to practitioners not familiar with a specific condition Written by a leading massage practitioner and international teacher this book will be a will be an essential reference in the office or at home *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 *Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition* Leslie Stager,2020-06-30 Nurturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant laboring and postpartum clients The author is a highly skilled perinatal massage instructor who is also a registered nurse childbirth educator and doula *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

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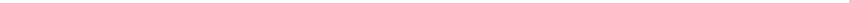
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web 12 1 the si unit of electric charge is coulomb C which is equivalent to the charge contained in nearly 6×10^{18} electrons we know that an electron possesses a negative charge of $1.6 \times 10^{-19} C$ the electric current is expressed by a unit called ampere named after the french scientist andre marie ampere 1775 1836

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