

# 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

**Louise Tucker, Jane Foulston**



## **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 being in 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 non specific 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 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

**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

**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

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 [An Herbal Guide to Stress Relief](#) David Hoffmann,1991-06 David Hoffmann author of Medical Herbalism shows how a wide variety of herbs can be used in alleviating the physical and mental problems caused by the stress of modern living He also offers advice on the use of herbs in recovery from chemical dependencies [The Complete Guide to Massage](#) Mary Biancalana,2015-12-04 Discover the healing power of massage therapy With The Complete Guide to Massage you can use the power of touch to soothe aches and wash away worries Each page guides you through the time honored practice with step by step instructions and photographs for massaging yourself and others You ll learn the different strokes and movements within a massage as well as techniques for popular methods including prenatal massage Swedish massage and trigger point therapy Whether you re looking to relieve muscle tension alleviate pain or simply de stress The Complete Guide to Massage will help you uncover a whole new world of healing and relaxation [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 [The Book of Massage](#) Lucinda Lidell,Lucy Lidell,1984 A guide to the relaxing and healing skills of massage the ancient Japanese art of shiatsu and reflexology With step by step instructions the book guides the reader through the complete working sequence for each skill and provides detailed descriptions of appropriate strokes for each part of the body The book also explains what the body can tell you and shows how massage can be used to soothe to invigorate to relieve aches and tensions and to help in difficult circumstances from work to leisure from pregnancy to old age

**A Massage Therapist's Guide to Pathology** Ruth A. Werner,1998 Now in full color and thoroughly updated this Third Edition is an indispensable resource for massage therapy students and practicing massage therapists This best selling guide presents detailed information on over 200 diseases and conditions emphasizing how massage influences the disease and healing processes and how therapists can maximize the benefits while minimizing the risks The new art program features enhanced line drawings and full color photographs of skin conditions ranging from mild to severe A new appendix on medications explains how bodywork may influence the actions of various drugs A back of book CD ROM includes a self testing tool animations demonstrating pathophysiology concepts and audio pronunciations for medical terminology **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 **An Introductory Guide to Massage** Louise Tucker,Jane Foulston,2001 An Introductory Guide to Massage is an essential

textbook for all massage students and professionals Clearly written and comprehensively illustrated it is designed to provide a thorough introduction to massage techniques essential background knowledge and professional practice     *Massage and Allied Methods of Treatment* Herbert Tibbits,1888     **A Complete Guide to Massage** Susan Mumford,1995-01-01

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