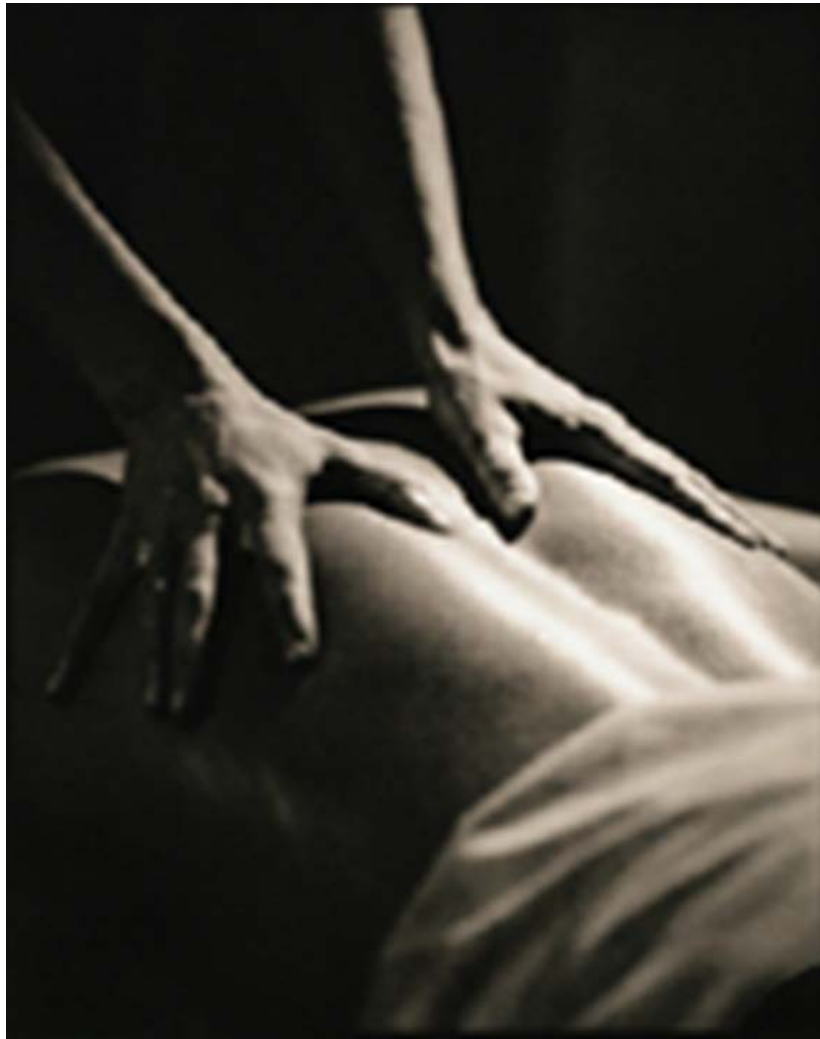


Massage

Many people are stressed and therefore we've put together a group of pictures that will teach you how to massage. It's very simple and can be performed anywhere and it will help you relax.



Warm up



1. Stretch your fingers and close your fists



2. Roll your wrists



3. Rub your hands back forth

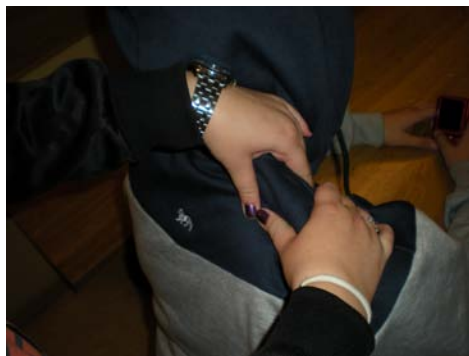
Massage



1. Move your hands in circles over the entire back



1. Squeeze the shoulders



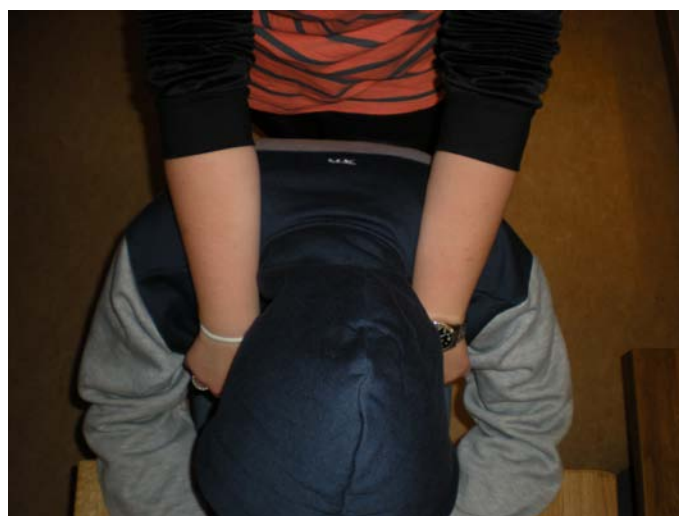
2. Squeeze the shoulder and pull back and forth on each side



3. Stretch your hands and carefully hit the muscle



4. Rub your thumbs along the spine



5. Hang your arms over the shoulders and push down



6. Head massage



7. Neck massage



8. Hand massage