

HAND MASSAGE

Establish whether there are any children who do not want to take part (or for whom you have not received parental consent) and allow them to watch quietly or read.

Wash hands!

You may want to set the scene by lighting a candle and playing some soft music. You could put a **little** olive oil in a saucer into which the masseuse can dip his/her fingers. (Do not use nut-based oils such as almond oil because of allergies.)

1. Ask your partner for permission to touch his/her hands.
2. Hold one hand between your two hands and smile at your partner!
3. Imagine that gentle rain begins to fall, gently tap the back of your partner's hand and ask whether it feels OK.
4. Now a gentle breeze begins to blow: stroke the back of the hand with your fingertips towards the fingers.
5. Imagine the rain dripping down his/her fingers and off the ends of the nails: with your finger and thumb, run down the sides of his/her finger towards the nail. Pause at the base of the nail and lightly squeeze, then continue off the end of the finger.
6. Turn your partner's hand over as the breeze clears the clouds and the sun begins to break through. Draw circles in the middle of your partner's palm using your thumb. The sun gets brighter and bigger and bigger and so do your circles.
7. Turn his/her hand over again.
8. Hold his/her hand between your two hands as you did at the beginning.
9. Slide your hands off and shake your hands as if shaking off the droplets of water.

Repeat with the other hand.

Thank your partner.

Wash hands again at end of session.