

SIMPLE HAND MASSAGE

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1. Open the hand



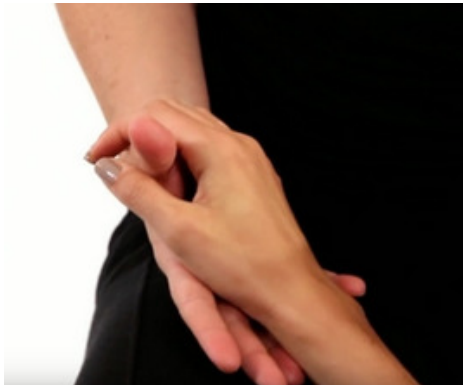
2. Gently extend thumbs up the palm



3. Rub palm in circular pattern with thumbs



4. Rotate hand upward as you rub the palm



5. Gently clasp hand



6. Gently rub back of the hand bones



7. Rub between thumb and wrist area



8. Rub hand in circular pattern



9. Gently press palm and fingers backwards

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