Home Massage Tips

Set the Scene

Mood Lighting
Turn off the lights, light a candle, cover lamps with a sheet, turn on a nightlight

Find the Right Place
On the floor with pillows, in a chair, on the bed with a firm mattress

Play Relaxing Music
Meditation music, spa music, whatever relaxes you

Unplug
Turn off computers, TV and cell phones

Aromatherapy
Scented candle, incense, essential oils

Breathing
Take a deep breath in through the nose, hold, and exhale through the mouth

Massage Techniques

Effleurage
Long, slow movements over the skin applying pressure to the top layer of muscles

Compression
Place your hands over the muscle area with light pressure and hold on the tissue for a few seconds, then release

Static Pressure
Find the tension or knots in the muscle; using the thumb or fist apply pressure and hold for three seconds, then release