

Hand Massage Routine

To begin, set a bowl of warm soapy water on a table where you can comfortably soak your hands one at a time for 5 to 10 minutes.

For the Massage you can use an oil or cream of your choice.

Now, sit in a comfortable position in a chair or on a sofa, and spread a towel on your lap to keep your clothes free of oil stains while you massage your hands.

Let's begin massaging the left hand and then go through the same steps for the right hand.

1. Pour a bit of oil / cream into the palms of your hands and rub your hand together as you would lather your hands with soap. This increases the circulation and warms your hands.
2. Rest your left hand on the towel and with the right hand gently pull out each finger without popping the joints. Begin at the base of each finger and applying firm pressure pull towards the tip of the fingers and thumb.
3. Gently grasp each finger joint and massage crosswise a few times.
4. Turn your left hand palm up and using the pad of your thumb on your right hand massage into the palm with pressure in clockwise and counterclockwise circles paying close attention to the large lower thumb joint. While massaging, use the 4 fingers of your right hand to support your left hand.
5. Turn your left hand palm down now and using your thumb make long strokes with pressure from the point between each finger toward the wrist. Be sure you stroke between the long bones rather than on them. Try to exert a bit more pressure on each stroke. Repeat a few times.
6. The space between the thumb and index finger gets special treatment. Make a fist with your right hand and using the curled fingers for support on the palm side of the left hand, use the pad of your right thumb to gently massage between the thumb and index finger that is the most muscular. Do this a few times.
7. To finish massaging the left hand, keep the palm of your left hand down, hold your left hand with your right hand with the thumb on top of the hand and use the thumb to massage crosswise back and forth across the top of the hand. Pay special attention to the outside border of the hand.

Now, repeat the process on your right hand and when both hands have been massaged let them rest on your lap for 5 to 10 minutes while you relax.

Increasing the circulation in your hands like this gives them a refreshing vitality and lets them look their best.

Make this little hand massage a regular addition to your basic beauty routine.