

SQUEEZING THE SHOULDERS

1 Standing behind your seated recipient, gently squeeze the large muscles on either side of the upper back (the trapezius) between the fingers and heels of both hands. With one hand on either side of the back, use alternating pressure to cover most of the shoulder area. Repeat a couple of times.



THUMB PRESSURE AT BASE OF SKULL

3 Stand in the same position as step 2 and, still supporting the recipient's head, apply small circular pressures up around the base of the skull. Start in the centre of the neck and work out towards the ears. Repeat a couple of times.

Repeat steps 2 and 3 on the right-hand side of the neck.



KNEADING THE NECK

2 Stand to the left of your recipient. Supporting the head with your left hand, with your right hand, squeeze up the neck and around the base of the skull with gentle kneading and stretching movements. Repeat a couple of times.



SCALP MASSAGE

4 Standing directly behind the recipient, massage the scalp with your fingertips in firm circular movements as though washing the hair. Feel for areas of tension where the muscles hardly move and try to move the skin over the scalp, without letting your fingers slip through the hair. Do extra work in the hollows at the base of the skull and pay attention to areas of tension. Make the movements slow and rhythmical, repeating them until you feel the tightness loosening.



SQUEEZING THE SCALP

5 Standing directly behind the recipient, place the palms of both your hands around their scalp like a cap. Now squeeze, lift slightly and release. Repeat several times. This movement is very soothing and can be used as a self-help technique to cure headaches.



COMBING THROUGH THE HAIR



6 Calm the scalp by combing the hair with your fingers – it will give the feeling that tension is gently being lifted out of the scalp. Start by combing the hair at the hairline, gradually working towards the crown of the head and through to the ends. Repeat several times.