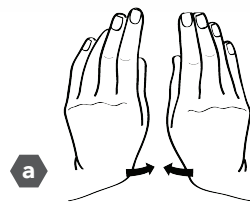
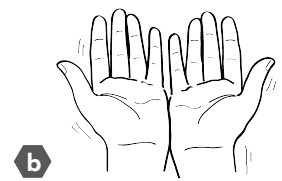
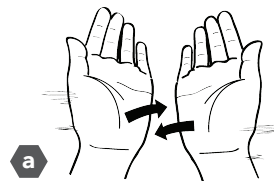


# Hand massage techniques

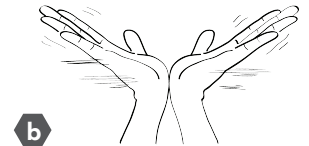
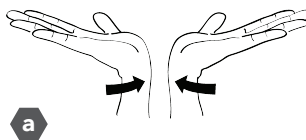
1. **a** Stretch your hands forward with slightly bent wrists.
- b** Palm face down and the thumbs press towards the palms.
- c** Both hands hit side by side on the thumbs 30 times.



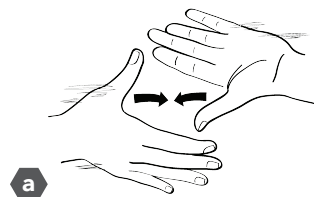
2. **a** Stretch your hands forward with slightly bent wrists.
- b** Palms face up.
- c** Both hands hit side by side on the external edge of the palms.



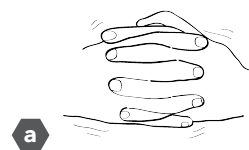
3. **a** Palms face up against each other.
- b** Hit the wrists against each other for 36 times.



4. **a** Palms face down. On each hand the index finger form a 90-degree angle with thumb.
- b** Hit the angles on both hands against each other 36 times.

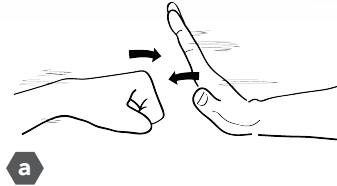


5. **a** Cross the fingers of one hand with the fingers of the other hand, rub the fingers on both hands against each other 36 times.

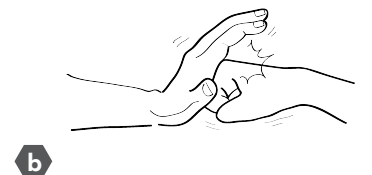
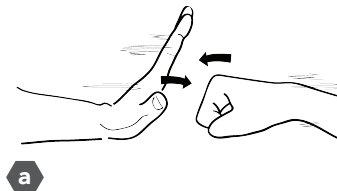


# Hand massage techniques

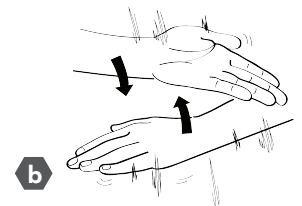
6. **a** Hit the left fist straight into the right palm 36 times.



7. **a** Then hit the right fist straight into the left palm 36 times.



8. **a** Hit the back of hands against each other 36 times.



9. **a** Rub both ears 36 times.



10. **a** Rub the palms to make them warm.  
**b** Cover both eyes with both palms and roll the eyeballs clockwise 6 times and anti-clockwise 6 times.  
**c** Rub the palms and repeat b.  
**d** Repeat steps a and b 6 times.

