



Anti-Stress Chair Massage

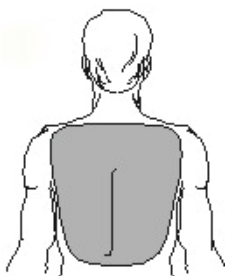
Benefits of Chair Massage - This 5-minute anti-stress chair massage is excellent for reducing tension, increasing circulation and may even help relieve a headache. Chair massage can be an excellent means of meeting and befriending others; and it can be easily done in a public setting.

Massage Techniques

1. Effleurage (gliding)-warms up the muscles. This can be done at the beginning of the massage and for transitioning from one technique to another.
2. Petrissage (kneading)-like kneading bread, petrissage uses the fingertips, flat of the fingers and heel of the hands to go deeper into the muscle stimulating and toning them.
3. Friction (rubbing)-involves pressing or rubbing one layer of tissue against another. It stretches and warms the muscles, relieves muscle spasms and tightness and removes toxins and waste from the tissues.
4. Tapotement (striking)-such as hacking and tapping is slightly stimulating sending vibrations into the body cavities and underlying deeper tissues.
5. Vibration-uses the fingertips with added vibration moving over the body surface to relax the subject.

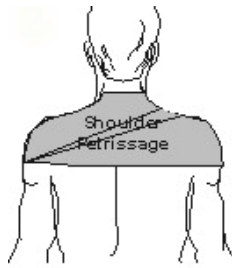
The Procedure

The massage subject should remove extra clothing such as a jacket, sweater or tie. Seat them where they can be comfortable, preferably in a chair where the head and upper back are in easy access. Both feet should be flat on the floor. If possible, the head should be supported by some kind of face rest, otherwise they can rest their head on their arms.



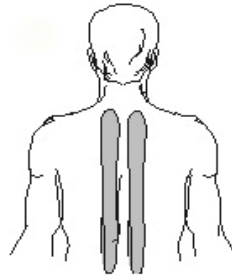
1. *Posterior effleurage of the entire back, five times*

Begin by standing behind your subject, placing your hands on their shoulders. Lean your body forward and press firmly, yet gently, gliding your hands over their entire back (being careful not to pull the shirt or blouse.). This warms the muscles and introduces the patient to your touch.



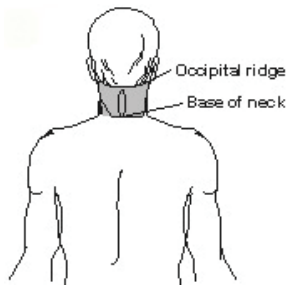
2. *Shoulder and Neck Petrissage (Kneading)*

With one hand on each shoulder, knead the nape of the neck, moving hands laterally to the shoulders, and then back. This motion is similar to that of kneading dough.



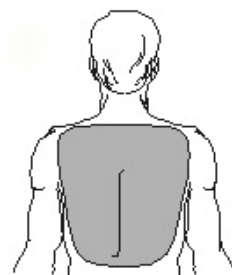
3. *Palm Friction*

Then, using the heel of your hand, move in a circular motion alongside the spine from the bottom to the top. Work one side first, then the other, and repeat.



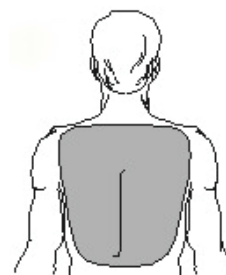
4. *Digital Friction*

With your thumb on one side of the neck and your index and middle fingers on the other, rub the neck muscles with a circular motion (friction). Rub from the base of the skull to the base of the neck.



5. *Posterior Percussion (Tapotement)*

Now, using the sides of your hands and with fingers extended and together, hack to the back on either side of the spine, and on the shoulders and neck.



6. *Nerve Vibration*

We end the routine with fingertip vibration all across the back, shoulders and neck.

There are a few other important points you'll want to remember.

- Once you touch the person, do not remove your hands until the massage is completed.
- In all massage strokes, maintain equal rhythm and pressure.
- Be friendly and sociable, but be careful not to over talk.
- Be attentive to the body language of the person.
- Ask the individual several times throughout the massage if the level of pressure is comfortable.