

# Massage

## The Perfect Back Massage

A back rub is a perfect to reduce stress and to make your partner happy.

### Get Ready.

Step 1. The person getting the back massage should take a hot shower or bath.

### Set the Atmosphere.

Step 2. Put on a soothing CD (we are in the process of records some CD's, they will be out in a few weeks). Or use our Sound Spa™ Classic or Sound Spa™ Platinum to generate soothing background sounds.

Step 3. Use one of our Diffusers found in our relaxation kits with the scent oils to set a very peaceful mood in the room.

Step 4. Turn down the lights.

Step 5. Have the person getting the massage take off their shirt and lay on their stomach.

Step 6. Use our Hemp Bath & Massage Oil to massage the person. Let the oil warm in your hands before starting the massage.

### The Spine.

Step 7. Start at the small of the back. Place the palm of your hands together, [they should make a V-shape with the wrists almost touching and the fingers pointing outward] pressing on down on each side of the spin. Let your hand slowly slide up the spin. It should take 20 to 30 second to go from the base of the spin to the shoulders.



Let the flesh slowly squeeze through your hands. Repeat for about 5 minutes.

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## **The Shoulders.**

Step 8. Make sure you keep your hands moist with the Massage Oil. Use the palm of your hand and your thumbs to massage the shoulders. Avoid using the fingers as much as possible, they tend to be too sharp for a high tension area as the shoulders.

Step 9. Make sure you massage the neck on both side of the spin. Do not press on the spin on the neck, for this may be uncomfortable.

## The Rest of the Back.

Step 10. Work from the spin out with the palm of you hands. Following the flow of their back muscles or the direction of their ribs. Remember at all time to keep your hands moist with Massage oil and not to press in with your fingers.

Turn off the lights. You are done and they are asleep.

You are going to have to wait until tomorrow to get your back rub, they are too relaxed to do it now.

**Massage.** Appears to slow down the heart and relax the body. Rather than causing drowsiness, however, massage actually increases alertness.