



Touch the World

Massage tips for Touch the World hand massage

- Take a hazel nut size amount of cream to rub into the backs, palms and sides of the hands.
- Use the pads of your thumb to press into tender spots. Thrust gently into the point, synchronising pressure with your exhalation.
- Massage a point with a clockwise, spiral motion moving away from the tender epicentre.
- Be gentle. Never apply excessive pressure into a tender spot, but be firm and continuous.
- Massage the sides of each finger. Gently pinch either side of the nail and rolling each fingertip between thumb and pointer and middle fingers of the other hand. Meridians associated with the fingertips (Zen shiatsu approach)
 - Little fingers – small intestine and heart
 - Ring fingers – stomach, triple heater and liver
 - Middle fingers – heat constrictor and gall bladder
 - Pointer fingers – large intestine and spleen
 - Thumbs – lung
- Use TOUCH THE WORLD as a foot moisturiser after WALK THE WORLD
- Massage into dry elbows
- Download the reflex hand map from soundmedicine.com.au. Use this map to see the corresponding areas needing help.