



Walk the World

Massage Instructions for WALK THE WORLD foot soak and scrub

- Have half a teaspoon of scrub in either hand. Using both hands make long, firm strokes from the heel and ankle toward the toes. Repeat over top and bottom of feet, then along both sides, slowly and with increasing pressure. Cover the whole foot with scrub. Use more scrub if too much drops into the basin.
- Place your fingers near the bottom of your toes and interlace your fingers between your toes. This can be intensely stimulating! If you want a more gentle approach, place index finger and thumb on the sides of the toe and massage it along all planes (sides, back and front). Gently elongate each toe then squeeze it.
- Place finger pressure into the base of each toe. Pulsate pressure here. If any points are tender, apply a little less pressure. Be gentle.
- Start to massage the base of the foot.
- Holding the foot with both hands, apply pressure from one thumb after the other and walk around the base of the foot. Increase pressure with second round.
- Holding the foot with both hands, have thumbs together and apply pressure while drawing thumbs away from each other. As though you're opening up the fibres of the foot.
- Create circular, spiral strokes with your thumb. Start at a point and spiral outward. Increase pressure with repetition. Cover whole of foot base and sides of the foot with spirals, noting which areas are more tender and associating this with your reflex chart. Please note, if pregnant don't use pressured massage techniques around the ankles.
- Use the pads of all fingers to massage the tops of the feet. Use long and short strokes, varying the pressure.
- Be creative with your massage. Try using your knuckles and the palms of your hands. Experiment with different strokes.
- Above all be caring in your attention to your feet. They carry a lot and are your direct connection with the earth