



# 8 Tips for a superb self-massage

Wouldn't we all like to go for a massage every day.

But most of us have neither the time nor the resources for that level of self-investment. And right now, in this economic downturn as a result of Covid-19, it is nothing but an impossible dream.

So I thought I would give you a few tips to do a self-massage for when the strains and stresses of the day weigh you down.

Here are eight self-massage tips to help you help yourself.

## **TIP 1 - PERFECT TIMING**

The perfect time to give yourself a massage is after a hot bath or shower. Make sure the room is warm enough and rub your body dry with a heated towel. Or if you prefer, apply heat using a bean bag or other such device directly on the affected area before starting the massage.

## **TIP 2 - WARM & FUZZY**

Using the entire flat surface of your hands, warm-up the affected body regions using broad and vigorous surface strokes. This requires a steady pressure to slide over the skin. Don't go too deep yet, we are setting the scene for the more invasive strokes later.

## **TIP 3 - GOING DEEP DOWN**

After you have warmed up the area, use smaller, more focused strokes for specific areas of pain and discomfort. A basic principle of massage is this: the smaller the area of contact, the

deeper the pressure. Use your fingers or heel of the hand to rub to and fro or in small circular movements.

### **TIP 4 - EASY DOES IT**

If a particular stroke causes you pain and discomfort, desist from using it. Rather work slower or go back to surface stroking. Remember massage doesn't imply that you should knead and squeeze the muscles into submission. Massage or any form of touch, brings about changes in our nervous system and brain which in turn send messages back to the muscles to relax. No need for self-bullying tactics. Easy does it. Even just using your hand to slowly rock your shoulder or leg or tummy to and fro, can bring relief.

### **TIP 5 - TO LUBE OR NOT TO LUBE**

You don't have to use oil or lotion to lubricate the area but it does make for a smoother massage. Select base oil such as grape seed or almond. And if you go for pre-blended oil, be aware of possible interactions of for example:

- Arnica with blood-thinning medications such as Warfarin or
- Lavender with low blood pressure and
- Rosemary with high blood pressure.

Read the instructions or research it on Google before using it.

### **TIP 6 - LET IT GO TO YOUR HEAD**

Don't forget to give yourself a scalp massage. Remember there is a thin layer of muscles on your head and these also contract as a result of stress and bad posture. Besides circular movements all over your cranium, try this very relaxing technique. Position your fingers at the roots of your hair and gently pull. Hold for a few seconds and release. Repeat a few times.

### **TIP 7 - AND LET'S FACE IT**

To end off, include a facial massage. Gently apply circular strokes along your hairline, cheekbones, above your eyebrows and under your eyes and jaw. Also rub your ears and earlobes between your fingertips.

### **TIP 8- THE HOME STRETCH**

Close off the self-massage session with gentle stretching ... and off you go!

Take care.  
Erika

WhatsApp 082 824 0642  
[www.somasense.co.za](http://www.somasense.co.za)