



# SHIATSU SELF MASSAGE



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This ancient Japanese massage technique is based on the same philosophy and medical theory as acupuncture. The energy channels (meridians) are stimulated by finger pressure. Anyone can benefit from Shiatsu immediately. Shiatsu is especially suitable for self-massage and can be practiced anywhere: at home, in the office, in the car or at work.

<p><b>RELAXATION</b></p>  <ol style="list-style-type: none"> <li>1. Hold foot, thumbs pressing into sole.</li> <li>2. Rub vigorously across sole.</li> </ol> <p><b>EFFECT</b> increases tolerance, helps relaxation</p>	<p><b>RELAXATION</b></p>  <ol style="list-style-type: none"> <li>1. Hold both feet while squatting.</li> <li>2. Push thumbs into soles. Fingers press up.</li> </ol> <p><b>EFFECT</b> relaxes nerves, increases sensitivity, balance</p>	<p><b>ENERGY FLOW</b></p>  <ol style="list-style-type: none"> <li>1. Separate each toe.</li> <li>2. Hold between index &amp; thumb. Massage and release.</li> </ol> <p><b>EFFECT</b> helps energy to flow from feet to chest</p>
<p><b>ENERGY FLOW</b></p>  <ol style="list-style-type: none"> <li>1. Apply even pressure against chest.</li> <li>2. Move slowly up and down.</li> </ol> <p><b>EFFECT</b> helps energy to flow from chest to feet</p>	<p><b>ENERGY FLOW</b></p>  <ol style="list-style-type: none"> <li>1. Use knuckles of both hands.</li> <li>2. Slide up and down spine. Increase pressure.</li> </ol> <p><b>EFFECT</b> Promotes energy flow from head to feet</p>	<p><b>STRENGTH</b></p>  <ol style="list-style-type: none"> <li>1. Hands on sides.</li> <li>2. Thumbs on back.</li> <li>3. Apply pressure. Move up &amp; down.</li> </ol> <p><b>EFFECT</b> strengthens immune system, gives energy</p>
<p><b>CONFIDENCE</b></p>  <ol style="list-style-type: none"> <li>1. Four fingers on solar plexus. Other hand on top.</li> <li>2. Massage with gentle pressure.</li> </ol> <p><b>EFFECT</b> confidence, personal power, emotional control</p>	<p><b>OVERVIEW</b></p>  <ol style="list-style-type: none"> <li>1. Four fingers on front, thumbs on back.</li> <li>2. Massage with gentle pressure.</li> </ol> <p><b>EFFECT</b> balanced thoughts, tolerance, overview, focus</p>	<p><b>ENDURANCE</b></p>  <ol style="list-style-type: none"> <li>1. Use three fingers of both hands.</li> <li>2. Apply gentle pressure.</li> <li>3. Change sides.</li> </ol> <p><b>EFFECT</b> concentration, endurance, physical energy</p>
<p><b>MENTAL CLARITY</b></p>  <ol style="list-style-type: none"> <li>1. Index fingers in ears.</li> <li>2. Move back &amp; forth, applying slight pressure.</li> </ol> <p><b>EFFECT</b> helps to make decisions, brings clarity</p>	<p><b>METABOLISM</b></p>  <ol style="list-style-type: none"> <li>1. Index finger at right angle to nose.</li> <li>2. Rub left to right &amp; back. Repeat 12 times.</li> </ol> <p><b>EFFECT</b> regulates metabolism, strengthens confidence</p>	<p><b>EYE EXERCISE</b></p>  <ol style="list-style-type: none"> <li>1. Look up.</li> <li>2. Look left.</li> <li>3. Look down.</li> <li>4. Look right.</li> </ol> <p>Make 1-5 continuous movements.</p> <p><b>EFFECT</b> stimulates brain activity, excellent for focus</p>
<p><b>ANXIETY</b></p>  <ol style="list-style-type: none"> <li>1. Use knuckles to drum across top of head. Use light, rhythmic movements.</li> </ol> <p><b>EFFECT</b> brings courage, relaxes, dissolves anxiety</p>	<p><b>MUSCLE TENSION</b></p>  <ol style="list-style-type: none"> <li>1. Hold affected area between thumb &amp; fingers.</li> <li>2. Gentle pressure.</li> <li>3. Stroke firmly.</li> </ol> <p><b>EFFECT</b> excellent to ease stiffness due to tension</p>	<p><b>TENSION</b></p>  <ol style="list-style-type: none"> <li>1. Head in both hands.</li> <li>2. Gentle pressure.</li> <li>3. Rotate thumbs.</li> <li>4. Breathe deeply.</li> </ol> <p><b>EFFECT</b> eases tension, lightens mind, relaxes muscles</p>
<p><b>INSOMNIA</b></p>  <ol style="list-style-type: none"> <li>1. Press thumb against bridge of nose.</li> <li>2. Hold pressure.</li> <li>3. Let go, repeat.</li> </ol> <p><b>EFFECT</b> eases strained nerves, relaxes the mind</p>	<p><b>JET LAG</b></p>  <ol style="list-style-type: none"> <li>1. Press against temples.</li> <li>2. Hold ear between index &amp; middle finger.</li> <li>3. Rotate gently.</li> </ol> <p><b>EFFECT</b> excellent for balancing mind &amp; body clock</p>	<p><b>EYE FATIGUE</b></p>  <ol style="list-style-type: none"> <li>1. Cover face with hands. Press gently and hold.</li> <li>2. Massage temples clockwise.</li> </ol> <p><b>EFFECT</b> excellent for eye fatigue, freshens mind</p>

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