



# stress relief hand and arm touch therapy

## What is a touch therapy?

Dermologica Touch Therapies are 10-minute techniques that provide powerful physiological and psychological benefits using a range of massage and hands-on therapies.

Each Touch Therapy selects from global massage techniques that can provide specific benefits to targeted areas.

### did you know

Nerves that travel to the hand and fingers begin together at the shoulder: *the radial nerve, the median nerve, and the ulnar nerve*. These nerves carry signals from the brain to the muscles that move the arm, hand, fingers, and thumb. The nerves also carry signals back to the brain about sensations such as touch, pain, and temperature.

### benefits

Relieves tension, and stress in the shoulders, arms and hands, inducing deep relaxation.

### customise the service - tips for the professional skin therapist:

- Warming of massage medium in steam cabbi, (use rubber bowl)
- Layering of complex or serum under massage cream
- Massage medium mixtures – customise for the client's needs
- Use of Infra-Red lamp to warm the muscles and stimulate blood flow
- Target specific areas of concern, use a variety of technique.
- Adapt massage moves for key areas of pain. (eg, amount of repetitions)
- Masques for massage

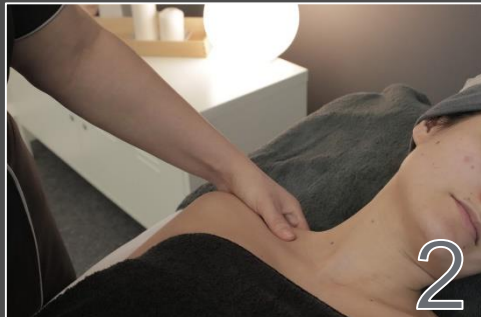
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step by step protocol - begin with spreading movements to apply massage medium.



## effleurage x3

Effleurage up outside of arm, around shoulder and back down inside of forearm to repeat movement.



## finger frictions x3

With outside hand apply finger frictions along trapezius up to occipital.



## alternate deep kneading x3

Alternate kneading motion petrissage down biceps, up triceps, slide to forearm to repeat.



## deep petrissage lower arm x3

Turn arm outward, palm facing upwards. Circle with thumb from wrist to inner elbow. Slide back and repeat.



## thumb circles x6

With palm facing downwards, apply thumb frictions to wrist in figure of 8.



## thumb circles and kneading x3

Support hand with palm down. Circle from outer knuckle to wrist, slide back to work across medial metacarpal. Swop hands to work between thumb and index finger. Sandwich Thenar Eminence and rotate your thumbs and fingers to massage.



## thumb frictions x6

Holding hand palm up, interlace your little finger with client's little and ring finger. Interlace your other little finger with client's thumb and index finger. Open palm and knead with thumbs into client's palm.



## hand hug and joint mobility x3

Turn client's hand palm down. Stretch back of their hand using your Thenar muscles. Elevate and support wrist with your hand, clasp between clients fingers. Rotate wrist clockwise x3 then counter clockwise x3.



## effleurage x3

Repeat first movement and finish with spreading x1.