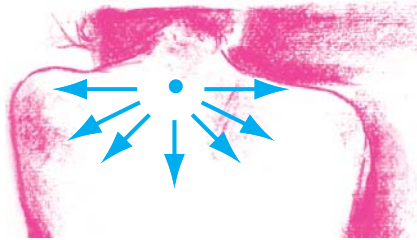
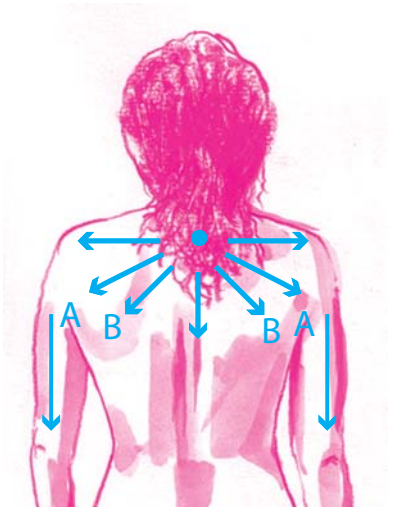


## BEGINNING BACK MASSAGE



Always start with warm hands, starting with gentle, sweeping movements, beginning at the top, and the centre of the back, **moving outwards and downwards, away from the spine**. When you encounter tightness, don't attack it. Possibly move away slightly from this area, and work back into it, often sweeping away from where you have worked, as though clearing all the stagnant energy out of her body.

As time progresses, hone in on areas that feel different, and using the broad contact of your whole thumb pad - not poking, but squeezing away tension - play with the sore bits - dancing around the edges, sometimes hitting the spot, knowing that circulation above the area is altered by its presence, and that headaches, stiff necks and shoulders are usually best tackled down at the shoulder blade level.



When using your fingers/thumbs, don't quiver or pump, but **use even pressure, checking that you are not too firm as to be painful** - the pressure should be constant, although she may have to brace herself against something to prevent being pushed forward as she relaxes. Straddling a chair is best.

**As you are planning to finish off, return to broad sweeps, down and to the sides of the body. As you reach here, flick the extra tension/energy off your fingers and return back to the body to do more broad sweeps.**

