

## Top techniques

There is a variety of hand and foot massage techniques that can be used on clients depending on what their requirements are. Before adding massage to your hand and foot services, it's imperative that accredited training is completed before working on clients. Training will introduce you to the best techniques that can be incorporated into your services.

Explore some techniques and massage styles...

### Helping arthritis

For arthritis, massage can be beneficial for increasing the elasticity and flexibility of the muscles surrounding joints." states Julie Fox. "The service must use gentle, fluttering movements on the joints if they are not in severe condition. Do not use deep pressure."

### Deep tissue massage

"The technique usually involves slow strokes, direct pressure or friction with the fingers, thumbs and occasionally elbows," explains Nicholas de Faria. "Using firm pressure, it targets chronic tension deep in the muscles. A not-professional may use the technique on one hand and leg to soothe."

### Tension relief

Hands and feet often hold a lot of tension, explains Emma Williams. "You can work deeply to open up the palm surface of the hands, as well as use your thumbs to work the tough plantar fascia of the feet," says Emma. "Accurately locating the correct pressure points and knowing how they relate to the rest of the body creates best results from these treatments."

"A variety of techniques are used during hand massage such as friction, finger pointing, skin rolling and acupressure which will increase relaxation for clients. Hand massages should focus around the muscles located within the hand."

### Reflexology

"Energy foot therapy, commonly known as reflexology, includes massaging, acupressure or pushing on parts of the feet, hands and sometimes the ears," explains Nicholas de Faria. "The theory is that these areas correspond to the body's organs and systems."

"Several studies indicate that reflexology may reduce pain and psychological symptoms, such as anxiety and depression, and enhance relaxation and sleep."

"There are reflexology and meridian points that could bring about relief in a pregnant client," says Monica Harris. "I always recommend that therapists seek specialist training prior to working on pregnant clients."



### Swedish massage

One of the most well-known styles, the practice includes working deep pressure to muscles and rubbing in a circular motion. "If performed correctly, it can help detoxify the body and increase oxygen flow in the blood," states Nicholas de Faria.

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