

DIY Hand & Arm Massage With Patti

Hand and arm massage - what you will need:

- 1 Couch
- 1 Comfy chair
- 3 Soft pillows
- 2 Soft hand towels or small pillow
- 2 Beach towels
- Relaxing music of your choice - I like Org Lounge for a calming vibe
- Clean burning candles or dim lighting
- Loose clothing - tank shirts if possible
- 1 Tablespoon of natural massage oil - I prefer Organic Fiji's Coconut Oil in Lemongrass Tangerine aroma

What is the best natural oil for massage?

I began using Organic Fiji organic raw coconut oil in my massage practice almost 18 years ago and became hooked on the many health and beauty benefits of this "miracle oil". Along with providing the perfect amount of slip no matter what type of massage I am doing, it is also lightly scented with organic essential oils. My favorite aroma for this tutorial is the Lemongrass Tangerine because it provides an evocative spa experience AND with all the hand washing taking place, you'll find all the skin drenching and healing properties of certified organic coconut oil is a welcome relief from moisture wicking soaps and hand sanitizers. If you're looking for more information about how to melt or liquefy coconut oil for massage or heating it to create a warm coconut oil massage [click here](#).

Hand and arm massage - let's get started:

- 1) Place one beach towel on top of couch
- 2) Have receiver lay face up on the towel
- 3) Place pillows in the small of the back, behind their head and under their knee
- 4) Place about 1 tablespoon of Organic Fiji Coconut Oil in a small bowl or container
- 5) Be sure that the massage receiver is comfortable and can breath easily
- 6) Place the other beach towel over clothes exposing their full arm and hand
- 7) Place a small pillow or rolled hand towel under elbow in a comfortable, supportive position

Ask questions - Start by asking the receiver about any problem areas or chronic conditions like arthritis or carpal tunnel. You will want to avoid these areas during the massage process or use caution when working certain areas. It's a good idea to check in with the receiver, asking them how movements feel as you proceed.

Get your placement - Move your chair close to the couch so that you can easily rest your hands on the receiver's arm and can also reach the top of their shoulder. If you like, you can also sit beside them on the couch or kneel on the floor. Just keeping mind, you should also be comfortable while performing this massage.

Ground yourself - Before you start your massage, take a little time to ground yourself. This means connecting to that neutral space by taking a few cleansing breaths. Have the receiver do the same.

Melt coconut oil and apply - Scoop about a quarter size of organic coconut oil into the palm of your hand and rub both hands together to melt. Slowly spread the coconut oil on the forearm and up to the top of the shoulder in a fluid figure 8 like motion using both of your hands, one following the other as you move up the arm. Repeat this 3-4 times allowing the coconut oil to spread to a light application where your hands move easily. If needed, apply a bit more coconut oil.

Focus on the forearm - Making smaller figure 8 thumb motions, softly grab the belly of the forearm with your fingers gently squeezing the muscles in a "kneading" like fashion. This area is a place of particular tension. Repeat this figure 8 movement several times moving up and down the forearm from the elbow to the wrist.

Turn the forearm over - Slowly turn the forearm over so that the receiver's elbow is resting by their side and work your hands in a "hand over hand" motion working to the elbow and down toward the wrist, almost like pulling a rope. Repeat several times laying the forearm in its start position when done.

Shoulder roll - Using a "hand over hand" method, gently slide your hands up and over the top of the shoulder and repeat this at least 6 times. With a slight pushing motion, spend some time with your palm in the area between the shoulder and the upper chest (pectoralis) muscle and the collar bone to gently open this space up.

"Milk" the bicep muscle - Cupping both hands in a butterfly like position, alternate moving from the top part of the shoulder to the elbow using more pressure as you move up and less as you "pull" down. Next, bring this movement down to the wrist.

Decompress the joints in the hand - Slowly and gently sandwich the receiver and compress. Take the wrist in both hands and use one hand to rub from the wrist down each finger as you pull it slightly.

Gently massage the wrist and hand with both thumbs - Use the thumbs to apply a light pressure and move them in small circular motions while massaging the entire hand, getting in-between the bones of the hand.

Turn the hand over - Next, with the palm facing up and begin to open up the wrist area. This is done by placing both thumbs in the center of where the wrist meets the palm parallel to the fingers of the receiver then moving the thumbs outward towards the side of the hand. Repeat 2-3 times.

Lay the arm back down - This should be done slowly and gently so as to keep the person you are massaging relaxed and comfortable. Place your hands in a rest position on top of the receiver's hands.

Take some time to rest - Then repeat this massage sequence on the other arm of the receiver by having them switch to the other side of the couch. When you're finished, switch roles. Take your time with this ritual. Be patient with yourself and you will find that these moves come more easily with practice.