



HEAD & FOOT MASSAGE

Relax and Revitalize!

Massage of the head and feet are arguably the most important parts of a self-massage. The head and feet have many powerful energy points connected to the brain and the rest of the body. These two very simple routines can invoke relaxation, restoration, and rejuvenation, all at the same time! Perform the massage before bedtime for a night full of rest and revitalization or in the morning for greater alertness, vigor, and grounding throughout the day.

HEAD MASSAGE

The head is the most significant part of the body. It encompasses eight vital openings—the eyes, ears, nose, mouth, and one principal opening, the crown of the head. There are also vital energy points over the entire head that connect to the brain and the mind (including the subconscious).

BENEFITS

- Promotes deep relaxation and the release of tension
- Benefits memory, cognition, and alertness
- Brings clarity and strength to the senses
- Nourishes and supports healthy hair, while also providing a lustrous shine
- Strengthens the nervous system
- Supports balance of the brain's chemistry and hormones

THE TECHNIQUE

1. Warm the oil to a comfortable temperature.
2. Sitting in an upright position, pour a small amount of oil into your hands and then comb your fingers through your hair.
3. Pour about a tablespoon's worth of oil onto the crown of the head and massage the oil onto either side of the head.
4. Bend your head forward so that your chin touches the chest. Pour more oil along the back of your head down to where the hairline ends.
5. Spread the oil over the back of the head and massage the oil into your neck and shoulders.
6. With firm pressure, massage your entire head in small, circular motions with the tips of the fingers.
7. Leave the oil in for a minimum of twenty minutes. Cover your head to protect it from air and cold drafts.
8. If keeping the oil in the hair overnight, consider a cap or turban, or put a towel on your pillow to protect your linens.

FOOT MASSAGE

The feet hold many energy points linked to almost every part of the body. They connect us to the earth, providing stability and grounding, and, quite literally, bear the weight of the day. A foot massage is a great way to show appreciation and offer daily relief to this very deserving part of your body.

BENEFITS

- Instills a state of deep relaxation and improves the quality of sleep
- Stimulates and invigorates all organs and bodily tissues
- Brings a sense of stability and being rooted in yourself, relieving anxiousness and tension
- Supports circulation to the lower half of the body
- Strengthens the feet and alleviates coarseness, stiffness, and fatigue

THE TECHNIQUE

1. Place a towel underneath your feet.
2. Pour a small amount of oil into your hand and spread the oil over the top and bottom of the foot, including the ankles and toes.
3. Massage the entire sole of the foot, using circular motions and firm strokes.
4. Begin with the big toe. Simultaneously press at the base of the toenail and on the underside of the toe with your forefinger and thumb.
5. Massage from the base of the toe to the tip. Repeat on each toe.
6. Massage along the length of the top of the foot, firmly pressing into the crevices between each of the bones.
7. Repeat the process on the other foot.
8. Cover your feet with socks if doing the massage before bedtime.



The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.