

## **Eight steps to giving a hand and arm massage with Senss Serenity Massage Serum**

### **Step 1**

Apply Senss Massage Serum to your hands and rub them together to warm the oil before taking your loved one's hand in yours. Hold for a moment as this helps your loved one become used to your touch and feel calm and relaxed

### **Step 2**

Use both hands to stroke their hand and forearm using slow, gentle movements and some light pressure: run your hands up and down the front and back of the forearm from just below the elbow joint down to the wrist. This will help the muscles warm and relax. Repeat 2 to 3 times

### **Step 3**

Moving to the hands, gently hold their hand in both of yours, with the back of the hand facing up. With both thumbs gently massage the back of the hand, moving from the middle of the hand to the outside, then from their wrist to the base of their fingers. Rub in a circular motion towards the heart

### **Step 4**

With your thumb and index finger, rub the top of each of your loved one's fingers and thumb in the direction of the fingertips

### **Step 5**

Now, turn your loved one's hand over so the palm is facing upwards, continuing to rest it on a flat surface. Check that you still have enough massage oil for your hand to glide soothingly over the skin. Using your thumbs as before, apply a tiny bit of gentle pressure and rub in a circular motion, massaging the palm, mount of Venus and area where the fingers join the hand. Remember your motions should always go towards the heart.

### **Step 6**

Still with their palm facing up, use your thumb and index finger, to rub each finger gently from fingertip towards the palm – again, working in the direction of the heart

### **Step 7**

Finally, use a gentle stroking motion to massage from the palm of the hand back up to the elbow joint.

### **Step 8**

Repeat for the other arm and hand