**Relaxing Hand massage**

**You will need**

•A cushion protected by a towel

•A suitable oil such as Sunflower oil (cooking oils)will be perfect no need for anything fancy

•Pour some oil into a small container/ jug/cup because if you need more out during the massage handling a bottle is tricky!

• Have kitchen roll , tissues or extra towels to wipe your hands

•Avoid using any oils that will irritate your skin ( you know what is suitable for yourself)

•Hand cream will absorb to quickly making them difficult to use

•Be comfortably seated- at a table will be easiest

• You will find out how to energise yourself & release tension throughout the body

• A nice warm cuppa☕️🍪!

**For more information contact me on Facebook**

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