

# Hand Massage Mini-Sequence Script



Bring your hands together and rub your palms until they feel warm. Let the warmth wake up the skin and soften any hidden tension.

- Circle your thumb into the opposite meaty pad under your thumb and make slow, steady circles. .. this eases wrist stiffness and opens the palm.
- Move around the whole surface, finding the tight little pockets that worked hard today... This calms the nervous system.
- Slide your thumb up each tendon from the base of the palm toward the fingers. Think of it as smoothing out tiny creases... This helps with circulation and loosens tight forearms.
- Now take each finger one at a time. Gently tug, twist, and roll. Let the finger unwind, all the way to the tip... This improves circulation, joint mobility and It feels like you are releasing tiny pockets of stress.
- Pinch lightly along the tops of each finger, .. packed with sensory receptors .. let's wake these boys up .. for better focus.
- Make a loose fist with one hand and use your knuckles to press into the opposite palm. Sink in with enough pressure to feel relief, not strain.
- Circle your wrist slowly in both directions, loosening the hinge that carries all that hand work.
- Finish by sweeping from wrist to fingertip a few times, clearing out the last bits of tension.

Let your hands rest and notice the difference in temperature, softness, and ease.