

Giving Someone a Hand Massage

Massage one hand at a time. Follow the steps listed below on one hand first, and then repeat the process on the other hand. A good hand massage could take about 5 minutes per hand.

Have the person sit or stand in front of you. ↘



↙ Apply lotion to your hands.

Gently smooth the lotion over the person's hand. ↘



↙ Massage the fingers.

Massage the back of the hand. ↘





↙ **Massage the back of the wrist.**



Massage the palm of the hand. ↘



↙ **Stretch the fingers.**



Finish the first hand. Hold the hand in yours. ↘



↙ **Massage the second hand.**