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Foot and Hand Massage Ideas and Techniques

- I. Get in touch
 - a. Admire
 - b. Feel the energy
 - c. Feel the foot/hand
 - i. Structure
 - ii. Skin
 - iii. Flexibility
- II. Stretching

Wrap both hands around the foot with thumbs on top and slowly stretch towards your body starting near ankle and working to toes.
- III. Widening

Wrap both hands around the foot with thumbs on top and stretch the foot apart like breaking a popsicle starting near ankle and working to toes.
- IV. Range of Motion

Supporting ankle with one hand, grasp foot comfortably with the other. Move the foot slowly through its comfortable range of movement. Circles at the ankle, Push up on foot, Pull down on foot, Bend foot from side to side.
- V. Loosening
 - a. Foot rolling

Roll foot between both hands from ankles to toes and back again.
 - b. Foot waving

With pinky edge of hand on either side of heel rock foot from side to side.

C. Longitudinal slide

Hold foot between hands with one hand on either edge of the foot and slide hands back and forth in opposite directions from toes to ankles.

d. Wringing

Put hands along the inside of the foot with index fingers together on the top of the foot and thumbs together on the bottom. Slowly wring hands in opposite directions stretching the foot with each hand. Move foot only as far as comfort will permit.

VI. Calves (skip if there is any history of blood clots or heat in the calves)

a. Effleurage

Using full hand contact and cream as needed, stroke from the ankle towards the knee. Adjust pressure to comfort level towards knee and very light pressure returning to ankle.

b. Kneading

Wrapping hands around calves use fingers to knead large muscles on back of calves.

VII. Metatarsals

a. Knuckling

Expand foot bones with the knuckles of one hand as you press the foot into the other hand. Then compress bones together by squeezing and pulling forward. Start at the toes and work your way down to the heel. A slow rhythm works best.

b. Sliding

Using thumbs or fingers, slid between tendons on top of foot working slowly and comfortably deep between one set of tendons at a time. A very small amount of cream may be helpful.

VIII. Toes

a. Rotation

Rotate each toe clockwise and counter clockwise. Move each toe only as far around as comfort will permit. **Note:** The big toe moves only up and down relative to plane of foot, not in a circle.

b. Toe pulling

Slowly stretch the toes by holding the foot at the base of the toes with one hand while gently pulling one toe at a time with the other hand. Stretch about and below the joint in each toe.

c. Toe curling

Gently curl one toe at a time over your finger using the thumb on the top of the toe to add gentle stretch.

d. Between the toes

Using a fingertip massage each space between the toes. Pressure directly down, rolling the fingertip side to side, and sliding the finger in and out all provide particularly delicious sensations.

e. Foot curling and brushing

Hold all of the toes in the palm of one hand with fingers curled over the toes while supporting the arch of the foot in the other hand. Gently bend the toes up towards the top of the foot. Move the "toe hand" so that the palm is over the toes. Gently bend the toes toward the sole of the foot. Using the fingertips of the other hand, "brush" from the base of the toes to the base of the ankle working the entire top surface of the foot.

IX. Soles

a. Inch worm

Lay your thumb flat against the surface of the foot. Roll up onto the tip of your thumb using as much pressure as your partner wants or that you can create. Now flatten your thumb out so that the first fold of your thumb is where the tip was. Repeat. NOTE: If you have nails longer than your thumb, roll your thumb along the surface of the foot rocker style.

b. Focused massage

Use pad of thumb to do deep focused massage on areas your partner indicates need special attention.

c. Slapping

Using the flat of your hand or the knuckle of a loose fist, slap or punch (lightly) along the bottom of the foot. This can be done as heavily or as lightly as you or your partner wants.

X. Feather stroke

User very light finger tip pressure, stroke from mid calf to the tips of the toes and back up to mid calf again. This is done as sensually as possible.

XI. Loving goodbye

a. Foot hugs

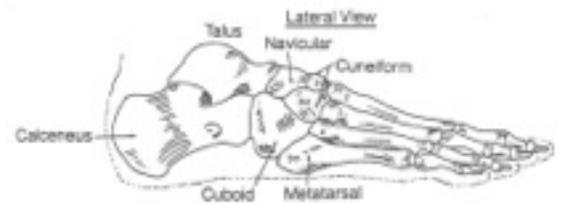
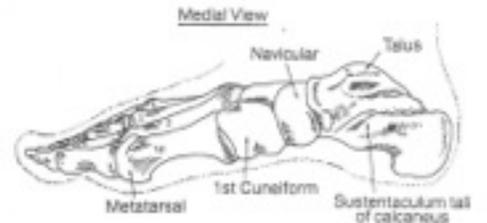
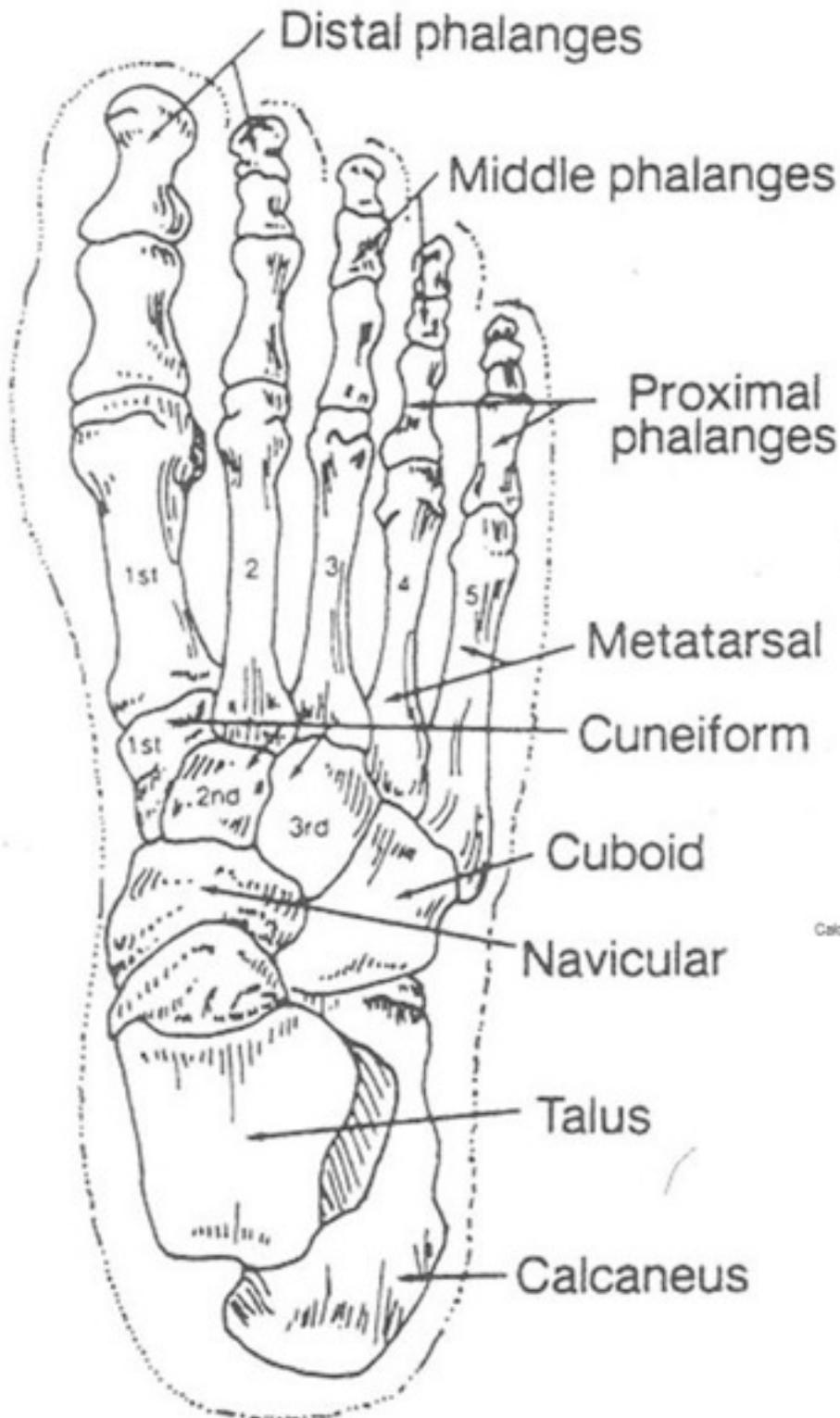
Starting at the toes squeeze the foot gently but firmly working up the foot and over the ankle. This is especially helpful for edema (water swelling).

b. Energetic release

c. Kisses

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Bones of the Foot



Bones of the Hand

