

~ RELEASE TENSION ~

At Home Rituals by [Bulgari Spa London](#)

BEST FOR

Hand and arm tension and discomfort can build up from long periods of repetitive action such as keyboard use, and certain sports and hobbies. Rachel Roselt, our Spa Director and qualified massage therapist and reflexologist, talks through a five-step hand and arm massage that increases blood circulation, eases joints and soothes muscles, helping to release tension.

FIVE STEPS

- 1.** In a seated position, make sure your arms and back are well supported, and begin by using your palm to gently rub your forearm from wrist to elbow, up to the top of the arm, around the shoulder and down again. Repeat this process (called effleurage) three times.
- 2.** With your thumb on top of the forearm and your fingers underneath, press your forearm making a circular motion, slowly moving up from your hand and over your forearm. Repeat three times, before performing the same technique on the inside of your forearm three times. Then, repeat this process on your upper arm.
- 3.** Moving onto the hand, use your thumb to massage your entire palm in circular movements with moderate to deep pressure, three times. Then massage the back of your hand using your thumb in between the inter-metacarpal spaces (between the bones on the back of the hand) in small circular motions - start from the base of the finger and work up to the wrist, and back down. Repeat three times for each finger.
- 4.** Stretch each finger by using your thumb and forefinger to gently pull on each, three times. Next, interlock your fingers and with your wrists together, gently and slowly rotate the hands at the wrist joint clockwise and then anticlockwise.
- 5.** Finish with effleurage to the entire arm again using your palm to rub your forearm from wrist to elbow and up to the top of the arm, around the shoulder and down again three times. Massage one hand and arm completely before moving onto the next.

ADDITIONAL TIPS

- ✓ Create a relaxing environment for your massage with candles or soothing music.
- ✓ Have a glass of water close to hand, as any kind of massage is best followed by rehydration.
- ✓ Complete your hand and arm massage with a light application of moisturiser and loosely wrap in a warm towel to aid absorption.

