

## Massage Tools To Reduce Stress At-Home

With SMART Bodywork® you will receive the best hands-on skills from our licensed and insured massage therapists in your area.

If your main points of need are reducing stress, below are some tools we would use with our clients during an appointment. Relaxation tools may be best received lying down on your back.



### At-Home Massage Tools To De-Stress

1. Take index and middle finger from each hand, tap on the opposite Sternum (breast bone) where it meets the clavicle at the top. (30 seconds)
2. Place one hand on your stomach and one on your heart, enjoy the peace of every breath you choose here ... take a deep breath, in through your nose and a real slow exhale through your mouth. Repeat breaths for a minimum of 60 seconds - longer if you have the time.
3. Place bottom hand's thumb onto your stomach (belly button). Take top hand and place on bottom of sternum. Utilizing a light pressure, create momentum from right to left along the diaphragm (underneath rib cage) and left to right below that, along the pelvic bridge (between hips). Move the blood and lymph from top to bottom, right to left and then continue below left to right.
4. 25-30x chest percussions on each side, perform one at a time, move into the Sternum from opposite shoulder) and raise the arm (receiving percussion), do some shoulder circles here

Benefits are:

- Increases blood circulation and Range of Motion
- Reduces swelling, discomfort and pain in the body
- Focused bodywork to increase human mechanics, improving dynamic movement faster

TIPS & TRICKS INCLUDE:

- Chest Percussions
- Fingertip Massage Through Intercostals (Muscles Between Individual Ribs)
- Hot towel around back of neck
- Split hands on either side of neck, take fingers and massage in between each vertebrae, around your neck, Back to Front
- Hot Tea with Honey (And Whiskey)

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