



SHIATSU SELF MASSAGE



The coloured dots indicate the approximate positions of specific pressure points. Each colour refers to the following meridians:

Bladder Meridian Heart Governor Liver Meridian Lung Meridian S. Intestine M. Spleen M.
Kidney Meridian Triple Heater Gall Bladder M. Large Intestine M. Stomach M. Heart M.

CONCENTRATION



1. Push gently upward.
2. Hold for a 3 count.
3. Push downward.
4. Repeat x 3.

clear thinking,
intellectual
focus

EFFECT

DECISION MAKING



1. 4 fingers on temple.
2. Thumb to side of jaw.
3. Gentle pressure to temple areas. Repeat x 3.

clarity,
resolve,
action

EFFECT

CLEAR THINKING



1. Use thumb & index fingers.
2. Flinch bridge of nose.
3. Hold, let go. Repeat x 3.

concentration,
creative ideas,
intellectual focus

EFFECT

DISCRIMINATION



1. Massage sides of nose with index fingers.
2. Increase pressure. Slowly. Repeat x 24.

balance,
clarity,
focus

EFFECT

CREATIVE THINKING



1. Press with both hands against cheekbones.
2. Increase pressure. Hold, let go, repeat.

intellectual
focus,
sharp mind

EFFECT

TOLERANCE



1. Use thumbs & index fingers of both hands.
2. Slide up & down. Use even pressure.

memory,
relationships,
feeling

EFFECT

FRESH ENERGY



1. Use all fingers.
2. Thumbs behind ears.
3. Slide outward. Use light pressure.

eases pain,
headaches,
fresh energy

EFFECT

HEADACHES



1. Hold sides of head in palms.
2. Push in.
3. Shift fingers across skull. Press, repeat.

eases pain,
headaches,
fresh energy

EFFECT

FRIENDSHIP



1. Place ear between index & middle finger.
2. Press against head. Rub up and down.

emotional
interaction,
tolerance

EFFECT

MEMORY



1. Use fingers to press against shoulder blade.
2. Push elbow into palm of 2nd hand.

free emotions,
helps blood-
circulation

EFFECT

METABOLISM

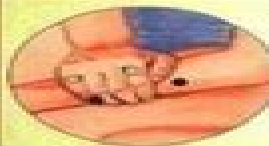


1. Hold arm between thumb and fingers.
2. Apply pressure. Move up & down.

balance of
metabolism,
awareness

EFFECT

VITALITY



1. Hold arm between thumb and fingers.
2. Apply pressure. Move up & down.

nourishment
of entire
body

EFFECT

VITALITY



1. Hold hand between thumb and fingers.
2. Apply pressure. Hold and shift.

distribution
of energy
through body

EFFECT

CIRCULATION



1. Interlock fingers.
2. Push inwards, hold.
3. Pull outward, hold.
4. Hold outward.

energises,
relaxes,
rests

EFFECT

CREATIVITY



1. Hold finger between index and middle finger.
3. Pull outward, hold.
4. Apply pressure.

mental energy,
balance,
ideas

EFFECT

CONCENTRATION



1. Push elbow gently against upper leg.
2. Shift position up & down. Repeat.

strengthens
thoughts &
focus

EFFECT

MEMORY



1. Hold thigh between hands.
2. Push thumbs down. Apply pressure. Move up & down.

strengthens
resolve &
memory

EFFECT

ENERGY FLOW



1. Hold leg between fingers & thumbs.
2. Apply pressure. Move up & down.

helps energy
to flow from
head to foot

EFFECT

Massage Basics Guide To Swedish Shiatsu And Reflexology Techniques Personal Care Collection

Lingjun Ying



Massage Basics Guide To Swedish Shiatsu And Reflexology Techniques Personal Care Collection:

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