



# 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

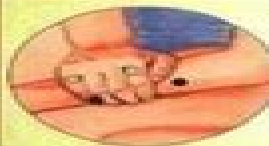


1. Hold arm between thumb and fingers.
2. Apply pressure. Move up & down.

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

**Lauren Gardner**



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

Massage Basics Guide To Swedish Shiatsu And Reflexology Techniques Personal Care Collection: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Massage Basics Guide To Swedish Shiatsu And Reflexology Techniques Personal Care Collection : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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