
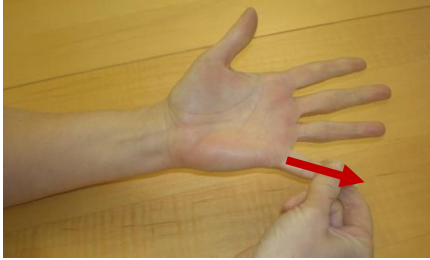

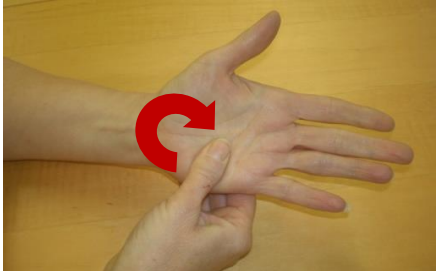
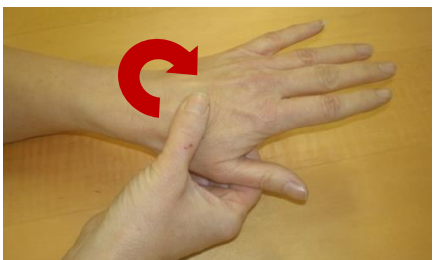



How to give yourself a hand massage

1	<p>Wash your hands before you start</p> <p>Rub your hands together to make them warm</p>	
2	<p>Spread your fingers out wide on one hand.</p> <p>Have your palm facing up.</p> <p>Use the thumb and a finger of your other hand to pull each finger from bottom to finger tip.</p>	
3	<p>Move your thumb and finger in small circles along each finger from the bottom to finger tip.</p> <p>Do this 2 or 3 times to each finger and thumb.</p>	
4	<p>Put your thumb on the palm of your hand. Move the thumb in small circles all over the palm.</p> <p>Do it slowly.</p> <p>Press down quite firmly.</p>	
5	<p>Put your thumb on the back of your hand. Move the thumb in small circles all over the back of the hand.</p> <p>Do it slowly.</p> <p>Press down quite firmly.</p>	
6	<p>Gently let the hand rest on your knee.</p> <p>Take a few slow breaths</p>	

Repeat all of the actions with the other hand