

# THERAPEUTIC SELF MASSAGE

We naturally rub our body when we hurt ourselves. However, not many of us take this further and treat ourselves to a self-massage.

Massage helps move lymph fluid and nutrients around the body, oxygenating organs and tissues. When essential oils are added, they are absorbed and rapidly dispersed through the body.

1. Take a warm bath using aromatherapy massage oil.
2. Warm a small amount of aromatherapy massage oil in your hands.
3. Shoulders and neck: Gently, but firmly, work your fingers in small circles at the back of your head, work down towards the shoulders and then out towards the hands.
4. Feet: Rub your thumbs in a circular motion into the soles of your feet and the bottom of your toes, then around the top of your feet.

Dolphin Clinic has over 20 different pure therapeutic massage oils to choose from.

