



## SIGNATURE MARMA HAND + ARM MASSAGE SEQUENCE

Introduce touch to client on hands. Begin effleurage sweeping upward movement to top of shoulders. Gently press + release stimulating MP33. Move down to under clavicle, MP34, gently press + release. With one hand under the shoulder, one hand on top, sweep down by gently squeezing arm to MP35. Slide the thumb gently along the midline of the forearm from MP 36 to MP 39. Use gentle circular rotation to relax the client. Turn the hand over, massage MP40 + MP41. Continue towards MP44 and hold for a minute. Turn the hand over and apply pressure at MP42 + MP43. Massage each finger from the base to the top, starting with the little finger. Give special emphasis to MP47, MP46 and MP45. Repeat on the opposite side. While standing at the head of treatment table - above your client, end the massage with both thumbs applying medium pressure on MP34.

