



Teknik Urutan De-Stress Mengurangkan Tekanan

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Head, Neck & Shoulder Massage

Do you want to feel light, relaxed and energized again? Muscle tension, aches and pains can often hold us back from doing the things we want or need to do. Our head, neck and shoulder massage is beautifully relaxing and targets all the places you hold the most tension – the head, neck and shoulders. Choose your desired level of pressure, whether you need a strong massage to relieve built up tension, or a gentle and tranquil experience if you just need a break from busy life.



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1. What can it treat?
2. How will it feel?
3. What benefits might I receive?
4. How many treatments will I need?

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A head, neck and shoulder massage is a wonderful way to ease shoulder and neck tension while gaining a peaceful retreat from the outside world. Head, Neck and Should massage may help:

1. Reduce stress
2. Release anxiety
3. Insomnia
4. Headaches and migraine
5. Muscle Tension
6. Increase circulation
7. Boost the immune system

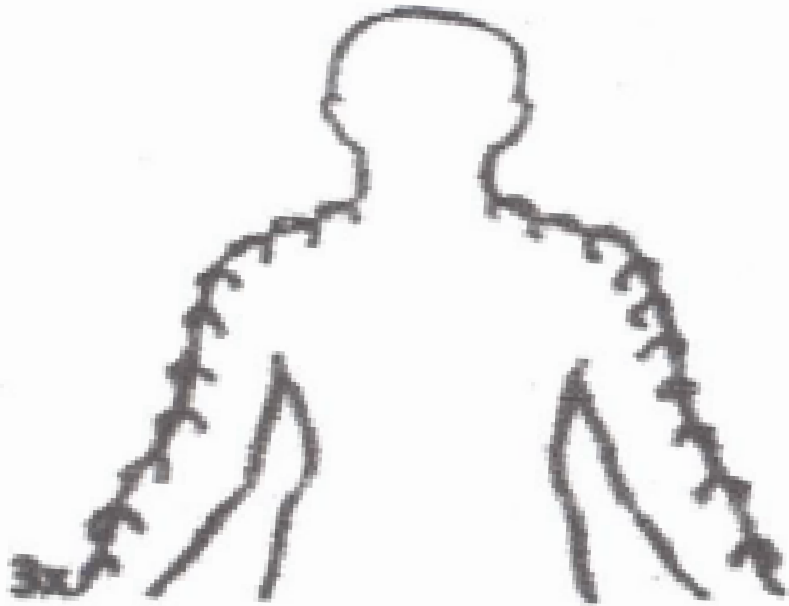
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This massage can also help with a number of health conditions, including:

- ▶ Relieve sinusitis
- ▶ Jaw problems
- ▶ Inner ear conditions
- ▶ Tinnitus
- ▶ Dizziness and Vertigo
- ▶ Eye strain

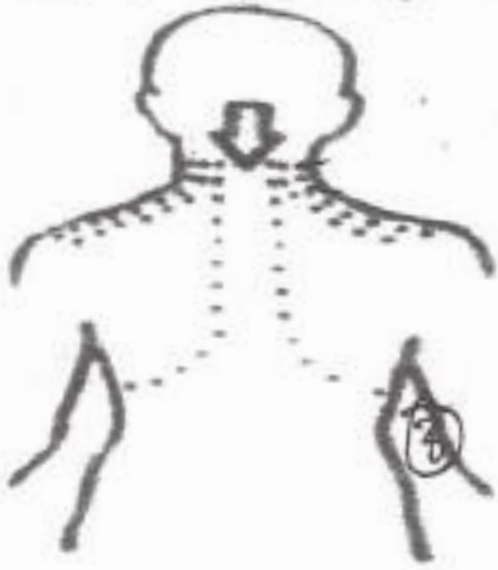
De-Stress Massage Step

STEP 1 – Kneading the muscle on shoulder to arm (softer for warm up)



De-Stress Massage Step

STEP 2 – Pressure point-2x



STEP 3 – Open duration-3x



STEP 4 – Flaring - 3x



De-Stress Massage Step

STEP 5 - Pressure point



STEP 6 - Kneading on the shoulder (harder)-3x



De-Stress Massage Step

STEP 7 - Relieve stress block/stiff shoulder and kneading on the shoulder again-3x



STEP 8 - Massage outwards with fingers



De-Stress Massage Step

STEP 9 - Kneading the neck using fingers inwards with semicircular massage



STEP 10 - Massage using fingers under skull, circling (out to in) - 2x



De-Stress Massage Step

✕ **STEP 11 - Massage using fingers under skull, pressure point - 2x**



STEP 12 - Massage around head go in circles 1minute



De-Stress Massage Step

STEP 13 – Using 2 fingers, circling 15 times



STEP 14 - Cupping using palm (two side)



STEP 15 – Ear refreshing 20 seconds



De-Stress Massage Demo

Thank You.....