

TRY THIS HAND MASSAGE



Lightly hold each finger one at a time. Begin with your right thumb, exhale and inhale 36 breaths (or 3-5 minutes). Continue with each finger. Do the right hand, then the left.



10



Good Hands Massage Techniques For Good Health

Paul Chappuis Bragg, Paul C Bragg, N.D., PH.D., Patricia Bragg, N.D., Ph.D. Good Hands Massage Techniques For Good Health:

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