

Traditional Chinese Self-Massage Techniques

By Dr. Qizhi Gao

1. **Hands:** Begin with the top of the left hand and rub in an up and down movement. Next you will repeat this same stroke on the top of the right hand. Once up and once down is the count of one. Do this nine times.
2. **Arms:** To massage the arms, begin with the palm side of your left arm and using one long continuous stroke, move toward the shoulder and continue over the shoulder and down the other side of the arm. Repeat for the right arm. One time up the inside and one time down the outside of the arm is a count of one. Do this nine times.
3. **Eyes:** You will be using two different strokes around the eyes:
 - a. With hooked (index) fingers, rub gently from the middle of your eyebrows to the outer edges of your eyes and then move below the eyes and repeat stroking from the middle to the outside. Stroking once above and once below is considered one count. Do this 9 times.
 - b. Next you will gently pull out on the bridge of your nose and stroke downward on the back of your head at the same time. Do this 9 times.
4. **Nose:** To massage the nose, simply stroke up and down along each side of the nose using your index fingers. Once up and once down is considered one count. Do this thirty-six times.
5. **Teeth:** This requires you to gently click your teeth together (in multiples of nine) to stimulate the nerves and increase circulation. Do four repetitions of nine.
6. **Tongue:** Rotate the tongue three times and swallow the saliva generated by this movement (in three small swallows if possible).
7. **Ears:**
 - a. Cover the ears with your hands and tap the back of your head. Do this nine times.
 - b. Cover the ears with your palms and create a slight suction by pulling your hands away from your ears. Do this nine times.
 - c. Place the tip of both index fingers inside the ears. With a slight forward flicking motion, pull the fingers out. Do this nine times.
8. **Face:**
 - a. Using your palm, rub upward, from the chin to the top of your head. Do this nine times.
 - b. Making your fingers into a slight curve (claw-like), begin stroking from the forehead and move over the top of your head. Do this nine times.
9. **Chest:** Begin at the top of your chest and stroke diagonally down to the opposing hip. Begin with the left side and remember that this stroke is done in the downward direction only. One stroke down each side is the count of one. Do this nine times.
10. **Stomach:** Place your right hand on your navel and begin moving in a slow clockwise direction (that means if you are looking down at your hand, you will start by first going toward the left side of your stomach and continue with a circular motion and working your way out in larger and larger circles). You should remain within the soft parts of the abdominal region. Once the circle has gotten as large as possible, reverse the pattern until you come back to the navel. Do nine circles in each direction.

11. **Kidneys:** Simply rub over the kidney region, with enough pressure that some heat is generated. Up and down is considered one count. Do this at least 36 times.
12. **Legs/Knees:** Both legs will be done simultaneously. Begin by using long slow strokes, starting with the inner portion of your legs and working your way up from the ankles to the hips and back down the outside of the legs. You may also stroke the entire leg using both hands. This will constitute the count of one. After completing 9 repetitions on the legs, give special attention to the knees by moving in slow circles alternating between clockwise and counter clockwise circles. Do both processes nine times.
13. **Feet:** Using the palms, rub the bottoms of your feet in a slight diagonal movement, making sure you pass across the area just below the balls of the feet. Once across and once back is the count of one. Do this thirty-six times.

To purchase the Self Massage DVD or for further information contact:

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