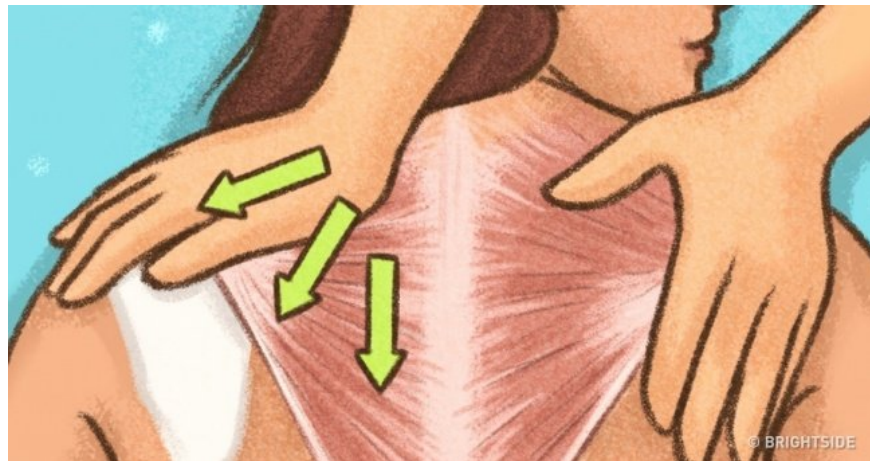


# A simple, effective, full body massage guide at home

Body massage is a simple way to completely eliminate fatigue in your body. Below is a simple, effective body massage guide that works right at home. Invite you to consult!

1. Simple way to have a home health checkup in just 1 minute
2. 10 drinks before going to bed help reduce belly fat quickly
3. The magic thing will happen if you massage this point on the forehead

**Body massage** is a simple way to completely eliminate fatigue in your body. Thanks to the physical impact on the whole body, it stimulates the muscles to quickly recover and improve blood circulation to help relieve fatigue and stress after a long day of work. In addition, body massage also helps skin smooth, healthy thanks to the impact and stimulates collagen regeneration production.



A **relaxing body massage** that doesn't require any specific method, you can easily choose the best massage method by following the instructions on the Bright Side page prepared for you. Below is a **simple, effective body massage guide that works right at home** . Invite you to consult!

First of all, please **choose a position** for body massage: You should choose a place to be comfortable in places with soft light that can lie on the bed, massage carpet or even on the floor how to make you feel most comfortable. Then, choose an **appropriate temperature** : should not be too hot or too cold. In fact, the body will reduce the temperature during massage. Therefore, it is better to perform massage on a hard surface, focusing on the neck, shoulders and back area.

## 1. Start gentle massage



Start with gentle massage steps. You should move from shoulder to waist and back. You need to use different forces on the body parts, such as using strong force on the back, legs but using lighter force for areas such as arms, neck, abdomen . This is the first simple step in body massage methods.

## **2. Use the whole palm**



Use the whole palm in the process. May start to strengthen moves. This action helps **improve blood circulation** to the body. Note to keep your hands parallel and smooth down the muscles but in the upwards direction to prevent wrinkles and sagging. Do this for 10 to 15 minutes.

### **3. Massaging the body**



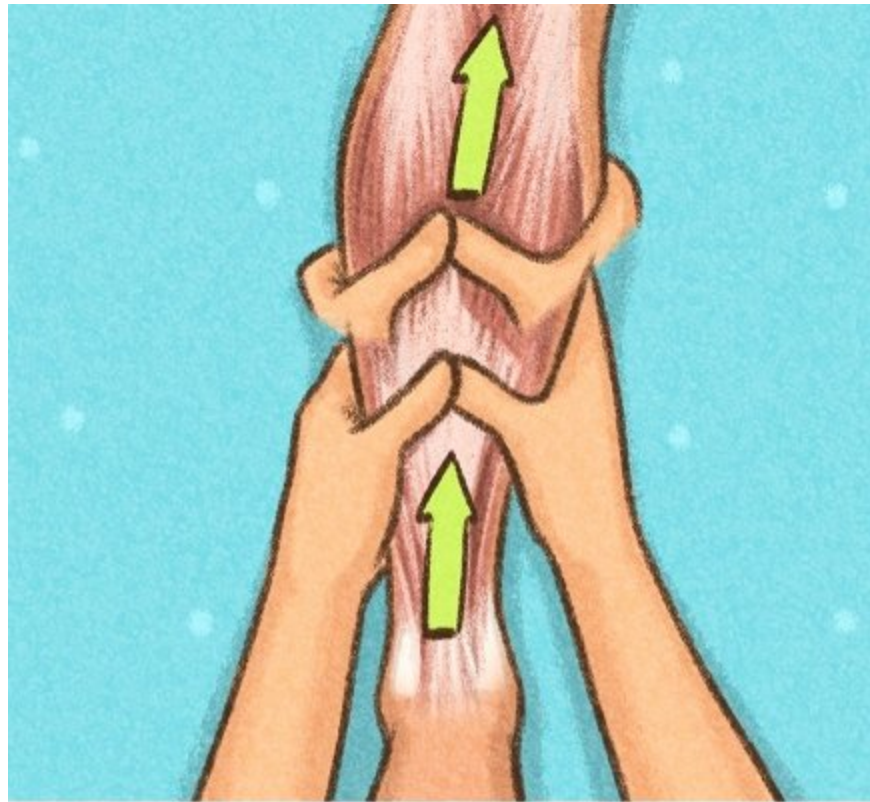
**Massages the body, starting from the back and gradually through areas such as legs, arms and neck . Do longer for the shoulder and neck area because these two areas are often tired, especially for office workers, sitting for hours or affected by the sedentary lifestyle today. Just increase the massage time in this area, you can apply acupressure techniques, gently press on specific points. When in prone areas such as biceps, abdomen, and chests, you can use your thumb to perform.**

#### 4. Do not massage the spine



**Do not massage the spine in any case .** When massaging in this area, move along the long muscle fibers.

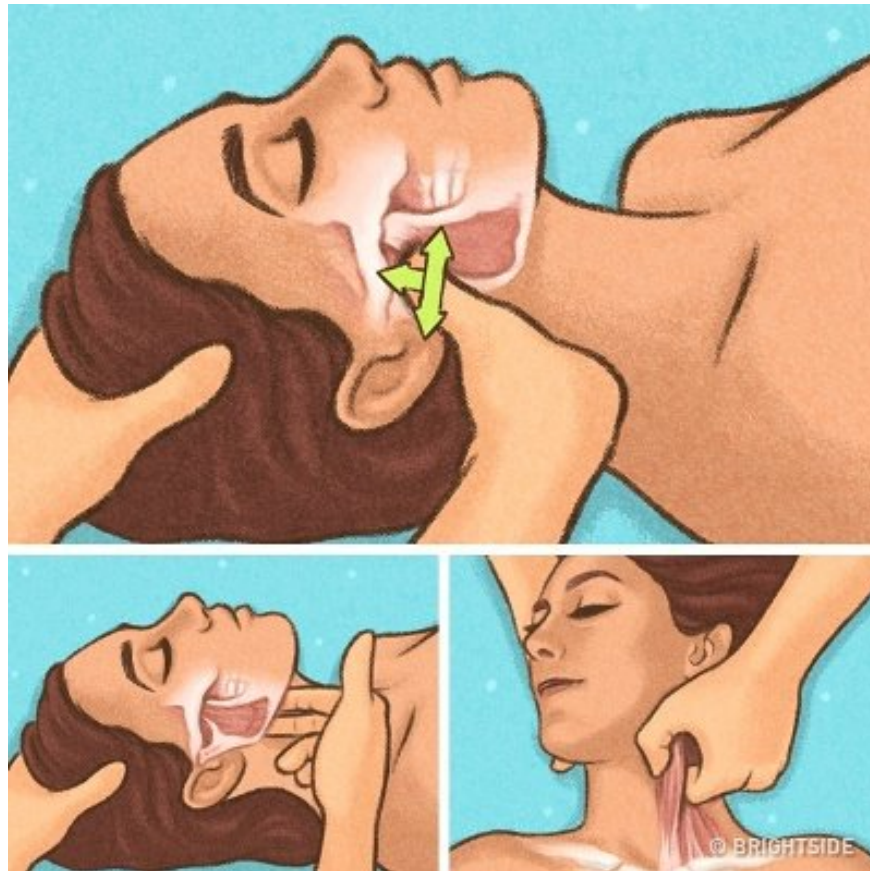
#### 5. Place your hands on the legs



Put your arm on the leg, the other hand holds the arm then pull it upwards, repeating this action 3 times. Areas such as arms or legs should use lighter force to avoid damaging skin tissue. The pain in the body wants to be more powerful by pressing your fingers over those areas and holding them for about 10 seconds.

Using your thumb will work best, but **don't press too hard** because it will hurt more seriously. Besides, do not ignore the foot, because this massage is very suitable for the foot area.

## 6. M face assage



The basic requirements for performing **facial massage** are: the muscles have to work with maximum comfort; Massage in this area should be smooth, rhythmic, slow and painless; moving in the direction of muscle fibers; When rubbing the skin, gently squeeze and press on the face bone. After that, you can end the massage session with a pat or movement (*from the bottom up*) with the fingertip. This will soothe the skin.

At the end of the whole body massage procedure, you should massage it all over your body again within 1-3 minutes to soothe the stronger force areas. Body massage has been proven to bring many great health benefits: support to treat bone diseases, muscles, reduce fat, reduce stress and improve skin condition for the body. Don't forget to apply these simple body massage movements everyday!

#### See more:

1. 6 simple ways to minimize the harmful effects of sitting for a long time
2. Full body massage chair of any kind?

Having fun!

You finished reading the article "**A simple, effective, full body massage guide at home**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.