

50 Techniques For Shiatsu Chair Massage Massage From Www Learnandenjoy Com

Shiatsu chair massage is a form of massage that uses pressure and stretching techniques to relieve stress, improve circulation, and promote relaxation. It is a popular choice for people who are looking for a quick and convenient way to relax and de-stress.

This article will provide you with 50 techniques for shiatsu chair massage. These techniques are easy to learn and can be performed on yourself or on others.

Shiatsu chair massage has a number of benefits, including:



50 Techniques for Shiatsu Chair Massage (Massage Series from www.learnandenjoy.com Book 1)

by Danny Demeersseman

★★★★☆ 4.4 out of 5

Language : English

File size : 4584 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 88 pages

Lending : Enabled

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- Relieves stress

- Improves circulation
- Promotes relaxation
- Reduces muscle tension
- Improves range of motion
- Boosts energy levels
- Improves sleep quality
- Reduces headaches and migraines
- Relieves back pain
- Improves digestion

Here are 50 techniques for shiatsu chair massage:

1. **Palms on the shoulders:** Place your palms on the person's shoulders and apply gentle pressure. Hold for 5-10 seconds.
2. **Thumbs on the neck:** Place your thumbs on the person's neck and apply gentle pressure. Hold for 5-10 seconds.
3. **Fingers on the temples:** Place your fingers on the person's temples and apply gentle pressure. Hold for 5-10 seconds.
4. **Knees on the back:** Place your knees on the person's back and apply gentle pressure. Hold for 5-10 seconds.
5. **Elbows on the back:** Place your elbows on the person's back and apply gentle pressure. Hold for 5-10 seconds.
6. **Forearms on the back:** Place your forearms on the person's back and apply gentle pressure. Hold for 5-10 seconds.

7. **Hands on the lower back:** Place your hands on the person's lower back and apply gentle pressure. Hold for 5-10 seconds.
8. **Thumbs on the lower back:** Place your thumbs on the person's lower back and apply gentle pressure. Hold for 5-10 seconds.
9. **Fingers on the lower back:** Place your fingers on the person's lower back and apply gentle pressure. Hold for 5-10 seconds.
10. **Palms on the buttocks:** Place your palms on the person's buttocks and apply gentle pressure. Hold for 5-10 seconds.
11. **Thumbs on the buttocks:** Place your thumbs on the person's buttocks and apply gentle pressure. Hold for 5-10 seconds.
12. **Fingers on the buttocks:** Place your fingers on the person's buttocks and apply gentle pressure. Hold for 5-10 seconds.
13. **Palms on the thighs:** Place your palms on the person's thighs and apply gentle pressure. Hold for 5-10 seconds.
14. **Thumbs on the thighs:** Place your thumbs on the person's thighs and apply gentle pressure. Hold for 5-10 seconds.
15. **Fingers on the thighs:** Place your fingers on the person's thighs and apply gentle pressure. Hold for 5-10 seconds.
16. **Palms on the calves:** Place your palms on the person's calves and apply gentle pressure. Hold for 5-10 seconds.
17. **Thumbs on the calves:** Place your thumbs on the person's calves and apply gentle pressure. Hold for 5-10 seconds.
18. **Fingers on the calves:** Place your fingers on the person's calves and apply gentle pressure. Hold for 5-10 seconds.

19. **Palms on the feet:** Place your palms on the person's feet and apply gentle pressure. Hold for 5-10 seconds.
20. **Thumbs on the feet:** Place your thumbs on the person's feet and apply gentle pressure. Hold for 5-10 seconds.
21. **Fingers on the feet:** Place your fingers on the person's feet and apply gentle pressure. Hold for 5-10 seconds.
22. **Palms on the chest:** Place your palms on the person's chest and apply gentle pressure. Hold for 5-10 seconds.
23. **Thumbs on the chest:** Place your thumbs on the person's chest and apply gentle pressure. Hold for 5-10 seconds.
24. **Fingers on the chest:** Place your fingers on the person's chest and apply gentle pressure. Hold for 5-10 seconds.
25. **Palms on the stomach:** Place your palms on the person's stomach and apply gentle pressure. Hold for 5-10 seconds.
26. **Thumbs on the stomach:** Place your thumbs on the person's stomach and apply gentle pressure. Hold for 5-10 seconds.
27. **Fingers on the stomach:** Place your fingers on the person's stomach and apply gentle pressure. Hold for 5-10 seconds.
28. **Palms on the back of the head:** Place your palms on the person's back of the head and apply gentle pressure. Hold for 5-10 seconds.
29. **Thumbs on the back of the head:** Place your thumbs on the person's back of the head and apply gentle pressure. Hold for 5-10 seconds.
30. **Fingers on the back of the head:** Place your fingers on the person's back of the head and apply gentle pressure. Hold for 5-10 seconds.

31. **Palms on the front



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