

# Self-Massage for Head, Face and Neck

with Robin Zwilling

## Scalp Massage



Start with three long breaths.

Do a gentle hair pull by taking hold of the hair at the base of the hair follicle or where the hair meets the scalp and pull away from the scalp gently to feel a slight pull.

## Facial Massage



Start with finger pads making small circular motions on the skin of the face.

Squeeze gently on the eyebrows.

Gently pull on chin.

End with light tapping raindrops.

## Neck Massage



Start with finger pads at base of skull and move up. Move head gently from side to side and push into tender spots to release tension.

Interlace fingers and squeeze palms along the sides of the vertebrae.

Stretching the neck laterally bring ear to shoulder, gently push down at opposite side of head with hand to stretch the open side of neck.

Interlace hands just behind crown of the skull and drop head down, let elbows fall forward, keep spine straight.

Allow head to move slowly right ear to right shoulder circle down to bring chin down towards chest and slowly circle over bringing left ear to left shoulder, continue back in other direction.