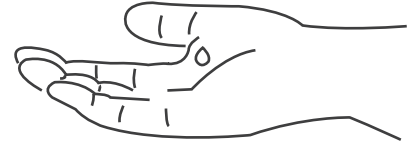


DIRECTIONS

MOVEMENTS

OIL INTRODUCTION

1. Apply a light, even coating of your selected oil to the entire palm of the recipient's hand.



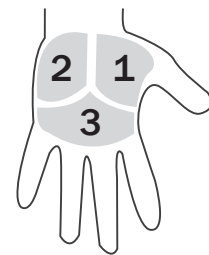
DORSUM TISSUE STRETCH

1. Use both hands to grip one of the recipient's hands on either side with the dorsum (back) of the hand facing upward and your thumbs on top.
2. Use your thumbs to stretch the tissue of the hand moving from the inside out, and from the wrist to the base of the fingers.



REGIONAL TISSUE PULL

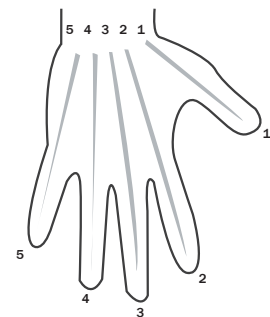
1. Grip the recipient's hand (palm facing upward) with one hand on either side, with your thumbs on top. Use your thumbs to methodically work through all three regions, beginning in Region 1, with medium pressure. Make sure to work the entire surface area of each of the hand's regions.



PINPOINT ZONE ACTIVATION

1. Use your thumbs to work through each of the hand's five zones. Beginning in Zone 1, place your thumbs at the top of the recipient's hand close to the wrist and alternately work thumbs down the entire length of Zone 1 to the tip of the finger. Repeat the procedure for all five zones, three time each zone.

* Choose a lead thumb and a follow thumb for this step. Make sure the follow thumb is always behind the lead thumb.



INTERPHALANGEAL PULL

1. With the recipient's palm facing up, grip the wrist in one hand.
2. Use your hand to stretch the tissue located between each finger away from the hand by gripping and sliding the tissue between your thumb and forefinger.
3. Repeat the pull three times between each finger before moving on.

