

# TRY THIS HAND MASSAGE



Lightly hold each finger one at a time. Begin with your right thumb, exhale and inhale 36 breaths (or 3-5 minutes). Continue with each finger. Do the right hand, then the left.

# Good Hands Massage Techniques For Good Health

**SA Adler**



## **Good Hands Massage Techniques For Good Health:**

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Good Hands Massage Techniques For Good Health** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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