Back of Legs

**Massage both legs at the same time:**
- Apply oil to backs of legs & soles of feet - Effleurage
- Knead the sole of the feet
- Finger knead around ankles
- Effleurage 3 time and finish at top of leg
- Picking up to and hamstrings and calf muscles
- Effleurage to legs
- Finish holding sole of feet

Front of Legs

**Massage both legs at the same time:**
- Apply oil to front of legs – Effleurage
- Thumb knead to tops of feet
- Knead around ankles
- Effleurage
- Lymph drainage to legs
- Finish with Thumb pressure to arch of foot

Abdomen

- Apply oil – cross over effleurage
- C shapes – pulling in from side
- Knead around the colon
- Cross over effleurage
- Finish with gentle pressure to bottom of descending colon

Arms

Arms (one at a time - arm on bed, anchor wrist)
- Effleurage arm
- Single handed kneading to Deltoid, Triceps and Biceps
- Pick up at deltoid, triceps and biceps
- Finger knead to elbow
- Effleurage to forearm (support elbow on bed)
- Thumb knead to flexors and extensors of the forearm
- Thumb knead to metacarpals
- Thumb knead down fingers
- Deep stroking to palm (xmas tree)
- Effleurage - finish with hand sandwich