DIY Massage Part II

After a long day of walking, running, or just generally being busy, your feet deserve some attention! Here are techniques for a simple self-treated relaxing session.

Foot warmers
Warm up your feet first! Cross your legs in a figure-4 shape so that your ankle is resting on your thigh. Wrap both hands around your foot and gently move your foot in circles, rotating at the ankle.

Continue your warm up by rubbing up and down the sole of your foot. Hold your ankle with one hand to stabilize, and move your hand over the entirety of your foot. Go quickly to stimulate blood circulation, or go slowly to soothe—whatever feels good to you!

Massage time!
With one hand, gently stretch your toes back. With the other hand, tap the sole of your foot with a loose fist or an open palm.

Wrap your hands around your foot, with your thumbs at the sole. Press into your sole, starting near the heel and moving up the centre of your foot. When you get to the ball of your foot, spread your thumbs out toward the sides of your foot. This will help to relieve pinched nerve endings near your toes.

Next, keeping your hands wrapped around your foot, move your thumbs in circles across the sole. Finish off by gently focusing on any tender or sore spots. Switch feet and do the other one!

Bonus: the tennis ball method
If you don’t want to touch your feet, roll a tennis ball under your foot instead! Put it on the floor and push down with your foot to increase the strength of the tissue massage. You could also use a golf ball, for a more focused sensation.


Image: http://www.wikihow.com/Massage-Yourself