

Music and Massage

Start: Choose a hand cream

Claude Debussy: Clair de Lune	Listen and relax with hot water bottle and blanket
Moby: In this world	Start with hands and massage using hand cream
Zero 7: In waiting line	Roll spiky ball over arms and shoulders applying gentle pressure
London Grammar: Non believer	Squeeze and release – start with shoulders and move down arms
Coldplay: Magic	Circle movements from knee and down to feet
Chopin - Nocturne op.9 No.2	Foot massage – walk thumb up and down bottom of foot
Cara Dillon: Bright morning star	Finger tapping on arms

This is a calm and relaxing activity. You can use any of your favourite chill out or relaxation music – this is just a guide.