

## Music and Tactile Massage

### Cue song – Ordinary People – John Legend

Start: Choose a hand cream

Rise Up – Andra Day	Brushing on head, face and neck using a soft make up brush
Beneath your Beautiful - Labyrinth	Roll a ball over arms and shoulders applying gentle pressure
Fix You – The Dualers	Flicking soft material over hands
Thousand Years – Christina Perri	Circle movements from knee and down to feet
Rule The World – Take That	Foot massage
Just Give me a Reason - Pink	Hand massage using hand cream chosen
Perfect – Ed Sheeran	Listen and relax with hot water bottle and blanket

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