

Ten minutes Self-Massage before Sleep

Ten-Minute Self-Massage Before Sleep

A ten-minute self-massage before sleep based on traditional Chinese medical theory is a kind of health protecting method to improve the constitution and prevent disease.

This health-protecting method is simple and can be learned quickly. It does not take much time to practise and its effect is usually satisfactory.

In practising the ten-minute self-massage, a gentle and repetitive manipulation is applied for the purpose of promoting circulation of *qi* and blood in the meridians and collaterals and inducing tranquilization. Repeated rubbing of the palms on the massaged areas produces heat and electricity that are conducted into the interior of the body. They dilate the capillaries, improve blood circulation and promote metabolism.

The massage consists of Ten steps:

Step - 1

Rubbing of Baihui (GV 20): Massage Baihui (GV 20) (located at the vertex, the midpoint of the line extending over the vertex joining the apexes of the auricles) with rotatory movements for fifty times, drawing circles with diametres ranging from 3 cm to 5 cm, either clockwise or counterclockwise. The massage lasts for about 30 seconds (see Fig. 1).

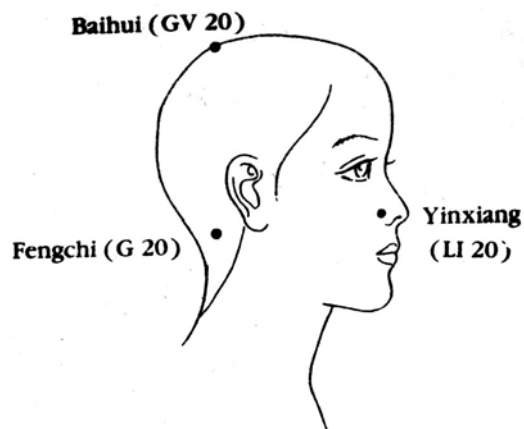


Fig. 01

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Step - 2

Massage of the face: Cover the face with the hands and rub it up and down fifty times for about 30 seconds (see Fig. 2)



Fig. 2

Step - 3

Kneading of Yingxiang (LI 20): Poke and knead bilateral Yingxiang (LI 20) with the tips of both index fingers fifty times for about 20 seconds (see Fig. 3).

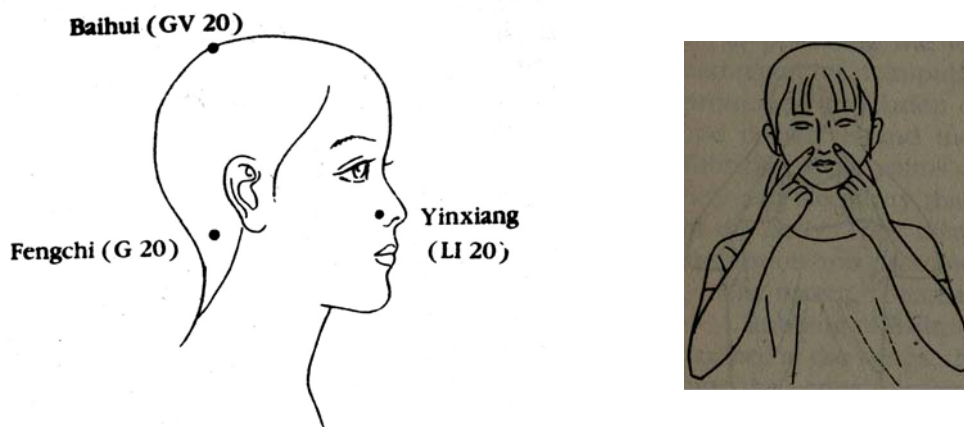


Fig. 3

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Step - 4

Pushing of the ears: Cover the ears with the palms, push the auricles forwards to cover the earholes and then push them backwards fifty times for about 30 Seconds (see Fig. 4).



Fig. 4

Step - 5

Kneading of Fengchi (G 20): Knead bilateral Fengchi (G 20) with the index and middle fingers fifty times for about 20 seconds (see Fig. 5).

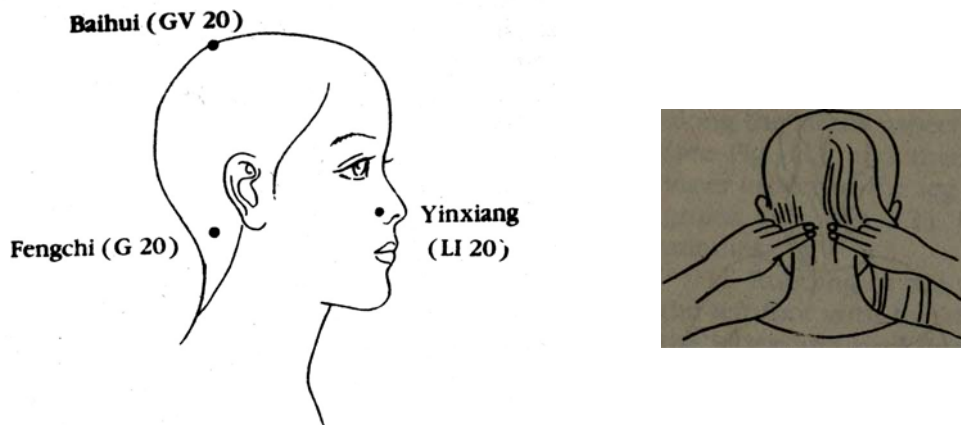


Fig. 5

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Step - 6

Kneading of jianjing: Press and knead the left jianjing (located in the depression of the trapezius, superior to the superior angle of the scapula) with the right index and middle fingers fifty times, and then the right jianjing with the left index and middle fingers fifty times, taking 30 seconds for both shoulders (see Fig. 6).



Fig. 6

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Step - 7

Massage of the arms: Stretch the left arm straight with the palm facing down. Press the left arm with the right hand neat the acromion and move the right hand distally along the lateral- aspect of the left arm to the back of the left hand (see Fig. 9). Then rotate the left wrist outwards with the inner aspect of the arm and the palm facing up, and move the right hand proximally along the inner aspect to the left axilla (see Fig. 10). Repeat fifty times and then massage the right arm the same way fifty times. The manipulation lasts for 2 minutes.



Fig. 9



Fig. 10

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Step - 8

Rubbing of the legs: Stretch the legs straight and keep the feet apart, spaced at shoulder's **width**. Massage the legs with both hands from the, hip joints distally along the lateral aspect of the legs to the top of the feet (see Fig. 11), and then massage proximally along the inner aspect of the leg from the arch of the feet to the groins (see Fig. 12). Repeat fifty times for about 2 minutes.



Fig. 11



Fig. 12

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Step - 9

Rubbing of the arch of the foot: Rub the sole of the left foot with the right middle finger together with the index and ring fingers, starting from the back part of the sole below the inner ankle and rapidly pushing forwards to Yongquan (K1) (located in the centre of the sole of the foot between the second and third metatarsals, or in the depression formed when the toes are plantar-flexed) (see Fig. 13), Repeat fifty times. Then rub the arch of the tight foot with the left hand. The manipulation on both feet takes 30 seconds.



Fig. 13

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Step - 10

Massage of the scrotum in male and breasts in female: For a male, take a supine position enclose the scrotum with the left hand and massage it in fifty circular movements clockwise. Then massage it with the right hand in fifty circular movements counterclockwise. The total manipulation takes about 40 seconds. For a female, take a supine position, cup one breast with each hand and massage both breasts simultaneously in fifty circular movements, taking about 20 seconds.

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Notes

1. Wash the face and feet or take a bath before going to bed and performing the exercise in bed. If the room is warm, take off all clothing except underwear. If it is cool, the massage can be performed with the under clothes on.
2. During the massage, the eyes should be gently shut, the mind concentrated with the tip of the tongue touching the palate. The palms should touch the skin closely and the massage should be performed in succession with moderate force; It is better to have feeling of warmth all over the body, or mild sweating after whole exercise is completed.
3. When Yingxiang (Li 20) and Fengchi (G 20) are massaged, force should be exerted to induce a feeling of soreness and distension. When the back is massaged, a short break is allowed to restore the strength of the arms.
4. The time required for each manipulation as mentioned above is only for beginners. One who is familiar with the manipulation does not have to note the time from one manipulation to another. The- whole exercise usually takes about 10 minutes.
5. This kind of self-massage is contraindicated in pregnancy, fever and other serious diseases. It is also not recommended if there is skin disease, tumor or infection on the areas of massage.
6. Cold and wind should be avoided in the winter.