

## Foot Massage Routine

- 1) Rub cream into both sides of the foot.



- 2) With the base of your thumbs and palms of your hands stretch/massage sole of the foot. Place remaining fingers on top of the foot.



- 3) With your thumbs make circular massage movements across the sole of the foot. With alternate thumbs, stroke down the centre of the foot towards the toes, and then reverse the action towards the heel of the foot.



- 4) **Massage each toe from base to tip, using circular movements with your thumb and finger.**



- 5) **Enclose their foot within your hand to finish.**

