

THE TEN STORY MESSAGE STROKES

(www.storymassage.co.uk)



The Circle

Rest one hand on your partner's shoulder. With the flat of the other hand, make a large, circular movement on the back. This can be in a clockwise or anti-clockwise direction.



The Wave

Rest one hand on your partner's shoulder. With the flat of the other hand, make a wave-like, zig-zag movement on your partner's back in a downward direction.



The Fan

Start with the flats of both hands resting on either side of the spine at the base of your partner's back and pointing upwards. With both hands working at the same time, stroke your hands up your partner's back gently 'fanning' out, finishing at the shoulders.



The Walk

Begin by placing the flat of one hand on your partner's back. Now place your other hand nearby in a different place on the back and, at the same time, gently lift the first hand off. Repeat this 'walking' pattern all over the back and arms.



The Drum

With both hands held in loosely clenched fists and with hands moving one after the other, gently 'drum' all over your partner's back. Avoid the spine.



The Claw

Place your hands in the shape of claws with fingers slightly bent and rigid. With both hands on your partner's back, stroke in a downward movement from shoulders to waistline. Maintain the 'claw-like' shape with pads of fingers and thumbs staying in constant contact with the back. Repeat several times.



The Squeeze

Place both hands on top of your partner's shoulders. Now gently squeeze and release. Repeat this gentle 'squeezing' movement several times. Ensure that the pressure feels comfortable for your partner.



The Bounce

With both hands working at the same time, place the pads of the fingers and thumbs on your partner's back. Now gently squeeze the fingers and thumb of each hand together and lift off quickly. Repeat this 'bouncing' move all over the back.



The Sprinkle

With both hands working at the same time, lightly tap the pads of your fingers in a random fashion all over the back, as if playing the piano. This is a light and gentle movement.



The Calm

Rest the flats of both hands gently on your partner's back, head or shoulders. Hold for as long as feels comfortable.