

Self-Massage For The Feet



If your feet are tired and achy, try giving yourself regular foot massage. Sit in a chair with your foot resting over the other knee, or sit on the floor cross-legged with one foot in front.

1. Grasp your foot and exercise the ankle joint by moving the foot from front to back and side to side.
2. Brace your foot with one hand. Press and slide the thumb of the other hand down sections of the sole, from the base of the toes to the heel.
3. Work into tender points more deeply with your thumb or knuckles. Hold for several seconds in especially tight or achy spots.
4. Squeeze each toe.
5. Finish by squeezing and releasing your whole foot several times from the heel to the toes.
6. Repeat on your other foot.

As an alternative, try to massage your feet with a tennis, golf, or other small ball. Run each foot over a ball for a minute or two, pressing and holding on tender or tight areas.

You may also want to exchange foot massage with a friend. Use a little massage oil, lotion, or any good vegetable or nut oil, such as almond or walnut. Add a few drops of essential oil such as lavender or rosemary for a refreshing change.