

Somebody at home deserves a little pampering and the shoulders is a classic area where most people feel tension. Here's how to give a good shoulder massage:



1. Start by placing your hands on the shoulders with the thumbs on the upper back and the four fingers just to the side of the collar bone.



2. Make a circular motion with the entire hand.



3. Focus on making circles with the thumbs on either side of the backbone just below the collar line.



4. Use both hands on one shoulder at a time while maintaining the circular motion if you'd like to give a deeper massage.