

The background features a vibrant yellow field with large, overlapping, wavy shapes in two shades of blue. The shapes are fluid and organic, creating a sense of movement and depth. The text is centered and reads "ma ssag' ing'".

ma
ssag'
ing'

Are you loosening up yet?

Sit back and disengage for a moment

- Use your fingertips to tap the face, forehead, crown, back of the head, neck, shoulders and sternum.
- Use your fingers to knead your jaw, neck and shoulder muscles like dough.
- Close your eyes, wrinkle your forehead, wrinkle your nose, press your tongue to your palate and press your lips together for 5 seconds, then relax all parts for 15 seconds. Repeat 3 times.
- Stretch your chest muscles by bringing one arm out to the side and at the same time knead the stretched chest muscles with the other hand. Repeat on the other side.
- Using a tennis ball or Blackroll® Twister, massage with gentle pressure and rotation the areas where you feel tension: forearm, shoulders, neck, chest.