give yourself a hand

spa-inspired hand massage

what you need: olive oil body scrub, firming body emulsion, body spritz (all three are included in philosophy's love your skin TSV, A225529)

tip: we suggest reading though all of these steps prior to starting your spa-inspired hand treatment. that way you don’t have to concentrate as much on the “how to” instructions during the experience, making it even easier for you to relax and simply enjoy

step 1: gently massage the fragranced olive oil body scrub on your forearms and hands, starting at your elbows and making your way down to each of your finger tips, giving particular attention to any rough skin spots. once this is done, rinse thoroughly using warm water or a damp wash cloth. make sure you’ve rinsed off all the granules.

step 2: into the palm of your right hand, squeeze 2-3 pumps of the firming body emulsion. starting at your left elbow and moving down to your fingertips, lightly coat your skin with the firming body emulsion.

step 3: place your right thumb on top of your left wrist, with your other four fingers placed underneath the wrist. applying a soft pressure and using a gentle gliding motion, move your hand up towards your elbow and glide back to the wrist. repeat this motion six times.

step 4: place your right thumb on the base of your left pinky finger knuckle with your right forefinger placed underneath for support. beginning at the knuckle, glide your right thumb and fore finger down towards your fingertip in circular motions. when you reach the finger tip, stop and hold, applying light pressure for a few seconds, then release. repeat this motion three times on each finger.

step 5: turn your left palm upwards and put your right thumb on the palm of your hand with your other four fingers underneath your hand. applying a light pressure, massage your hand in slow circular motions for 60 seconds or more.

step 6: turn your left palm downward. place your right thumb in the area between your left thumb and forefinger with your right forefinger placed underneath the area for support. using the right thumb and forefinger, massage the area in between the left thumb and forefinger for 60 seconds or more.

step 7: using the edge of your right thumb and light pressure, massage the area in-between each knuckle on your left hand, starting from the base of the knuckle to the wrist and back. repeat three times.

step 8: repeat steps 2-7 on the right forearm and hand.

step 9: finish the experience by lightly spritzing your arms and top of your hands with the refreshing fragrance body spritz.

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