

Pizza Massage



All the touch and movements in a pizza massage are gentle, on the back, and over clothing. Ages: 3 to 103

Knead the dough. Imagine the person's back is the dough. Knead and press the back gently. Do this for about 2 minutes to loosen the muscles and help the person relax.

Stretch out the dough. Make gentle stroking motions from the middle of the back outwards. Or you could make a fist and rub it down the back.

Spread the sauce. Make a flat palm and rub it smoothly over the back as if you were spreading sauce over a pizza.

Add toppings. Ask what their favorite toppings are to add. You can make tapping and patting motions on the back as you sprinkle and place toppings on.

Pizza in the oven. Rub your hands together to create warmth and then place them on the person's back and hold there. Repeat a few times.

Slice the pizza. Use the side of your hand to make lines over the person's back. Now your pizza is done!

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Yummy!