

脚底按摩

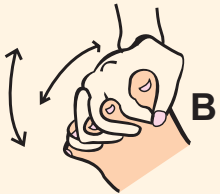
FOOT MASSAGE

一边观看电视节目，一边做脚底与脚趾按摩，每天数分钟已足够。没时间的话，可以每周按摩2、3次。若在按摩之后很好睡，表示已有效果，若按摩时有痛感，这是内脏问题的反射，持续按摩可改善这问题。

Spend a few minutes a day or 2 to 3 sessions a week on foot massage is good to maintain your health. If you sleep soundly after every session, it indicates the massage brings positive result. If you feel pain during or after the process, this reflects problems in your internal organs. Continue massaging will bring favourable results.



1 以手指挟在脚趾上(图A)，先作前、后移动10次，然后左右10次(图B)。



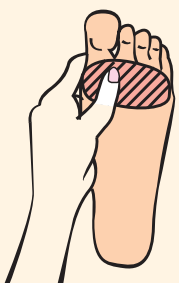
Grab your toes with your fingers (Diagram A), move front and back 10 times, followed by left and right 10 times (Diagram B).



2 以拇指按在脚趾根部，然后往上、往侧边指压(图C)，过后按拇指外侧(图D)。每一次按10秒钟，松开手指之后10秒钟后继续再按，感到痛的话须忍一忍。

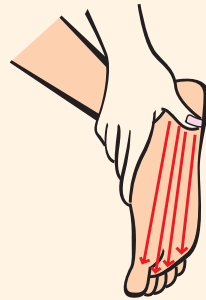


Press the toe end with your thumb, move forward and side with increasing pressure (Diagram C), then move your thumb outward (Diagram D). Continue doing this on 10 seconds interval. This may generate pain on your toe.



3 按摩脚底脚趾下的部分，有助纾解大多数人都会面对的颈、肩部酸痛的问题。

Massage your sole at the back of your toe, this will reduce pain on your neck and shoulder.



4 以拇指由脚跟往脚趾方向作直线指压按摩。

Press your thumb on your ankle and move forward to your toe in straight line.



5 拇指在脚底横隔膜中央处指压，每次维持10秒钟，共指压5次。在开始指压时，脚底皮肤显现出比较多的皱纹，这是正常现象。

Press your thumb on the centre of your sole and maintain pressing for 10 seconds, repeat this five times. If crack lines appear after the massage, it is perfectly normal.



6 依图所示，双手拇指按在图中脚部位置，请注意不要按在脚骨上。
** 平均3星期之后就能明显看到脚底的改变效果。
** 在手与脚底抹上 **TYT** 青草追风油保湿乳液，同时保持手与脚底的柔嫩状态。

Press both your thumbs on the position indicated. Note do not press on the bone.

* Positive changes will show after about 3 weeks.
* Apply **TYT** Herbal Medicated Oil on both your hands and soles, this will maintain the moisture level of both surfaces.

辅助效果 ENHANCEMENTS

在背后与腰下贴热水袋，脚部按摩效果将倍增。

Place a warm water bag on your back and lower abdomen will enhance the positive effects of foot massage.

