

Gentle Touch: Bed



Gentle Touch is a way to connect and offer a moment of comfort and calm. The simple therapy uses techniques similar to massage, but over clothing and bedding with much lighter pressure and significantly slower pace.

Taking no more than twenty minutes, with no need to remove any clothing, this gently soothing therapy provides the opportunity for momentary respite from overwhelming feelings of physical and emotional stress and strain. The routine is easily adapted to suit every person, whether seated or in bed.

Comfort levels should be maintained at all times, so ensure you are in a good position. Having low lighting, soothing scents and calming music can help add to the treatment. Encourage the person to express any personal preferences, areas of sensitivity or desire to halt the treatment at any time. Use fluid movements, slow pace, very light pressure and take 2–3 minutes for each section. Keep the hand in a flat, closed position and lightly flow along the limbs in one stroke.

Bed routine: If possible have full access to both sides of the bed and raise the height to a good working position. If the bed is not height adjustable, consider sitting close by on a chair. If only one side is accessible, be careful not to reach over and stretch or twist your posture.



1

Head Start

Position at the head of the person and place a hand on the head as far towards the back as possible. Using the same steady pace, allow the hands to run downwards from the top to the shoulder in one slow movement. Repeat this to cover the entire sides of the head in flowing motions. Position the hand on the forehead with finger tips reaching halfway, sweep across and down the sides of the face covering the jaw area. Go around the bed and repeat on the other side of the head.



2

Shoulders and Arms

Reposition further down the person to access the upper body. Gently place a full hand on the base of the neck avoiding the front area. In one motion sweep down the neck, then across the shoulders and carry on down the arm. Use alternate hands if comfortable.



3

Forearm and Hands

Move slightly down the body and use smooth, slow strokes from the elbow to finger tips. Pause at the end and



3

continued

hold their hand in yours, taking some calming breaths. Reposition to the other side of the bed to start at the shoulder again.

4

Legs and Feet

Move down the bed to access the lower body. Place your full hand half way down the outer thigh, avoiding the front area. In one motion gently sweep down the thigh, the outer side of the knee and calf, towards the foot. The other hand can start at the inner knee area and move downwards towards the foot. Both hands can work together but do not stretch to reach the toes, move down the bed instead. Move to the opposite side of the bed and repeat on the other leg.



5

To Finish

Hold the foot in your hands and take a calming breath. Gently check the person's wellbeing but do not wake them if they are asleep.



Contact Details

If you require further advice please contact the Weldmar Complementary Therapy Team
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