

Gentle Touch: Seated



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.

Seated routine: It is best if you can comfortably walk around the person, so you have direct contact with their hands placed on the lap, as well as the upper back and shoulders. If working from only one side, be careful not to overreach or twist your posture.

1

Hand Start

Treatments often start with the hands and forearms. Sitting opposite the person, hold their hand in yours and pause, each taking some calming breaths. Then using the whole hand with fingers closed, use smooth, slow strokes from the elbow to finger tips. Use this time to receive physical information about the person and connect with them on an emotional level.



2

Shoulders and Upper Arms

Reposition behind the person to access the head and shoulders. Gently place the hands on either side of the neck avoiding the front area. In one motion sweep downwards, then across the shoulders and carry on down the upper arm towards the elbow.



3

Upper Back

Move to the side of the person, stroke the upper back starting at one side of the body and rhythmically work towards the other. With a flat hand, begin at the top



3

continued

of the shoulders, softly moving downwards about one hand width apart. Avoid twisting your back to reach lower.

4

Head and Face

Reposition behind the person and raise both hands above the crown of the head. Using the same steady pace, allow the hands to run downwards from the top to the bottom of the head in one slow movement. Repeat this to cover the entire head, you can also use one hand at a time in a flowing motion. Place the hands on the forehead with finger tips meeting halfway, sweep across and down the sides of the face covering the jaw area.



5

Full Sweep to Finish

To finish, take the hands to the crown of the head again and stroke down the head, neck, shoulders and upper arms on one long movement, for 3 times. To end the treatment simply hold each shoulder and gently apply pressure to signify the session has stopped. Gently check the persons wellbeing, but do not wake them if asleep.



Contact Details

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