



## **Dö-In: The Ancient Art of Rejuvenation Through Self-Massage**

Dö-In (pronounced 'doh-een') is a series of self-massage techniques that can be used anywhere and at any time, to promote energy flow, revitalization, and stress relief. This entire format can be used to cover head to toe, which takes about 10-15 minutes. However, it can be extended for up to an hour, if needed, addressing areas that may need extra attention, or you can just use it to focus on specific places for 5 minutes that need a quick pick-me-up, such as the head and neck, or legs and feet. Don't worry about doing it 'right', just do it with intention, and notice how you feel. Experiment with the varying techniques and pressure.. improvise if you want. But, overall, enjoy!

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- To Begin:**  **Sit in a comfortable position (chair or floor is fine) with your back straight**  
  **Center your self with a few deep breaths**  
  **Warm up the hands by briskly rubbing them together (front and back)**

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### **Starting with the HEAD:**

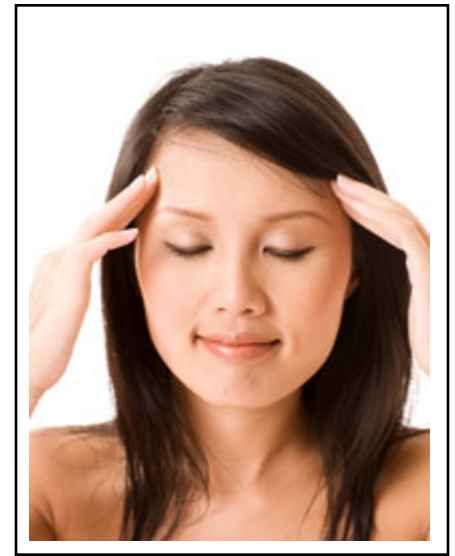
- make loose fists, begin TAPPING the top, sides and back of the head. Make a couple of circuits  
 around the head
- with the fingertips open, COMB the hair from forehead to the back of the head; start in the center  
 and work to the sides

### **FACE:**

- with fingertips, MASSAGE forehead with a circular motion, starting at the center and moving  
 to the temples. Do this a couple times starting at the hairline and moving to the eyebrows
- from the eyebrow, continue MASSAGE of the temple region and work down to the muscles  
 of the jaw
- from the jaw, work back towards the center of the face, MASSAGE the upper gums then the  
 lower gums
- using the thumbs, apply gentle PRESSURE upward along the bottom of the cheekbones, from  
 the nose outward toward the jaw
- STROKE down each side of the nose, then circular MASSAGE on the tip of the nose
- with fingertips, gently BRUSH the closed eyes, then BRUSH down the face

## NECK

- BRUSH the front of the neck
- fingertip MASSAGE along the muscles of the back and side of the
  - neck (use the right hand for the left side of the neck, and the left
  - hand for the right side)
- gently STRETCH the neck, bringing the ear to the shoulder on each
  - side, then chin to chest, then chin to sky
- with loose karate chops, TAP the back of the neck from hairline to
  - shoulders



## SHOULDERS

- with loose fists, TAP the top of the shoulders
- grasp the shoulders and MASSAGE/KNEAD... then do the other side
- make CIRCLES, then do SHRUGS.. add any other shoulder stretches you know

## ARMS AND HANDS

- with loose fists TAP ***DOWN THE INSIDE*** of the arm, then ***UP THE OUTSIDE***; repeat a few times
- apply a TWISTING GRASP, working from shoulder to wrist
- apply PALM PRESSURE down the inside of the arm
- briskly BRUSH the arm
- FLEX and STRETCH the wrist
- fingertip MASSAGE the back of the hand between the bones
- MASSAGE, gently TWIST, then PULL each finger
- MASSAGE the palm
- apply thumb pressure on 2 acupoints: on the back of the hand, in the fleshy part where the thumb and
  - forefinger meet (helps for headache and facial pain); in the center of the palm (calming effect)
- gently SHAKE whole arm
- Before doing the other arm, take a moment to notice the difference in feeling between the arms. What
  - words can you use to describe how the arm you just treated feels compared to the one you
  - haven't treated yet?
- DO OTHER ARM

## TORSO

- with fingertips, TAP the ribcage during an INHALE, hold breath and stop tapping, then during the
  - EXHALE, SLAP the rib cage with flat hands. Repeat 2-3 times. Now BRUSH rib cage.
- position fingertips on the abdomen under the rib cage; on the EXHALE, bend forward and MASSAGE
  - with fingertips under the ribs. On the INHALE, straighten up and reposition the fingertips a little
  - more to the sides, repeat forward bend and MASSAGE. Repeat until you have worked the whole
  - area from the center of the body to the sides.

- now, position hands just inside the hip bones, again on the EXHALE, bend forward and massage the
  - abdominal area. Move hands on each breath until lower abdominal area is finished
- in upright position, place palms over the navel and make gentle massaging circles -- 12 in one \
  - direction and 12 in the other. After circles, keep hands over the navel and take a couple of deep
  - breaths (on the inhale, the abdomen should rise, on the exhale, the abdomen falls)



## **BACK**

- with loose fists, TAP the back; first gently on the ribs over the kidneys, then with a little more force
  - as you move down to the hips. repeat, covering the whole area from center to sides.
- apply THUMB PRESSURE along either side of the spine, by leaning back into the thumbs. Work
  - from below the ribs to the hips.
- briskly TAP buttocks with fists
- TAP sacrum (this stimulates the nervous system and the brain)

## **LEGS & FEET**

- with loose fists, TAP *DOWN THE OUTSIDE* of the leg, then *UP THE INSIDE*; repeat a few times
- with open hand, SLAP/TAP the back of the leg
- with fingertips, circular MASSAGE down the outside and then up the inside (spend a little extra
  - time at sore or tender spots)
- apply TWISTING GRASP working from thigh to ankle
- cross one leg over the other to work on the foot
- grasp foot and make ankle rotations, first one direction and then the other
- grasp toes and stretch back, then TAP the sole
- fingertip or thumb MASSAGE on sole
- fingertip MASSAGE on top of foot between bone
- MASSAGE, gently TWIST, then PULL each toe
- grasp bottom of foot with both hands so that the fingers are right below the ball of the foot, breathe in
  - and on the exhale STRETCH leg away from the body while still holding the foot. Repeat stretch
  - 2-3 times.
- grasp leg above the ankle and SHAKE the leg so that the foot moves freely
- lightly bounce whole leg
- as with the arms, take a moment here to notice the difference in the ways the legs feel
- DO OTHER SIDE

