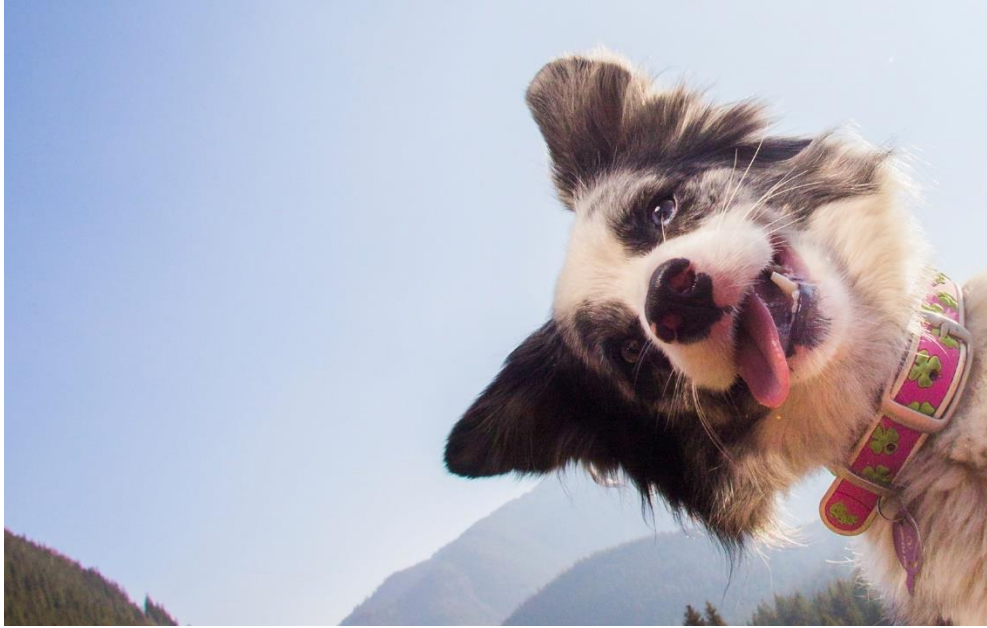


Pet Bonding Massage Tips



Caution: Never massage if your pet has a fever. Avoid working deep into the abdomen. Avoid massaging injuries or wounds.

- Have a designated place. Best if comfortable for you both.
- Calmly invite your pet over for their massage. All about the energy of love and compassion.
- Start with petting or belly rub. Work in a slow and gentle manner. Patience.
- Increase the touching over time. Massage length approx.. 10-15 minutes.
- Take note if your pet yawns, licks their lips, sighs, takes a deep breath, pushes into or away from you. These are examples of important feedback from your pet.
- Head – circular motion all over head around the eyes and snout. Encourages trust and relaxation.
- Ears – kneading motion inside each ear, moving up base to the top of the ear (repeat). Ears have a relationship to the organs in the body.
- Back of the Skull and Neck – gently pull the skin up and shake. Rub neck muscles (use more pressure), feel for tighter areas where you can apply light pressure or gently rub. Effects both muscles and organs.
- Chest and Shoulders – muscles can handle deeper pressure.
- Front legs – Compression down each leg. Paws if your pet allows them to be touched.
- Hips and back around Tail – The back of your pets' hips and legs can be a sensitive area for an anxious pet.
- Compression down each back leg. Paws – if your pet allows them to be touched.
- Finish – long stroke from head to tip of the tail. Connecting the entire system
- Reward goes both ways!