

A decorative graphic element consisting of several overlapping, semi-transparent purple triangles that form a larger, irregular shape pointing to the right.

HAND MASSAGE

Have you heard about hand reflexology? Like feet, hands are the map of your body and hold a lot of physical and emotional tension. During this workshop, you will learn with Lilly how to give a hand massage on yourself and others, to help you relieve stress and tension.

Lily Mackenzie | Body Mind Care