FAMILY

Rub Your Partner's Feet: Foot Rubs Benefit the Physical & Mental Health

By bestfolkmedicine · 20/07/2022 · 2 min read



Foot massages are awesome in every sense of the word, especially after a long day. They provide relief and help us feel good.

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And, even a short foot rub can reduce stress and energize you. This is amazing since stress reduction increases the chances of making healthy choices like healthier foods and regular workouts.

Massages work by activating our nervous system. This elevates the feel-good chemicals in the brain like endorphins.

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Interestingly, in one study, those who received foot massages after surgeries for appendix removal experienced less pain and needed fewer pills.

What's more, foot massages boost the blood flow, encourage healing, and maintain the tissues and muscles healthy.

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When we rub our feet, we also get the opportunity to check for other issues such as ingrown nails, corns, sores, etc. Foot massages are awesome for people struggling with poor blood flow.

How to Give a Foot Massage to Yourself or to Your Partner

Professional massages aren't something everyone can afford. However, you can get the same advantages by having a massage at home. Do it yourself or ask your partner to help you out.

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To begin the massage, sit on a bed or a chair and put one of the feet on top of the other thigh. If you're getting a massage from your partner, you can lie down and place your feet on their thighs.

Apply a lotion or a massage oil so that it all goes smoothly.

- Hold the front of the ankle with one hand and then pinch the back of the ankle with the thumb and forefinger of the other hand. Pull down, toward the heel. This will relax the Achilles tendon.
- With the thumbs, make tiny circles from the heel's bottom up to the base of the toes. Knead the bottom of the foot by pressing the knuckle into it.
- You can also hold the foot with your hands and press the thumbs into the bottom, going from the heel up to below the toes.
- Finish the massage with a rotation of each toe.

Extra Tips:

You can also use specialized devices for massages like a drugstore massager or a foot roller.

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Sources:

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