

STRETCHES

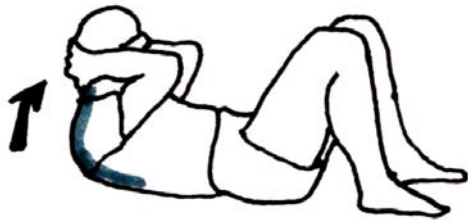
FOR ARMS, NECK AND SHOULDERS

WHILE STRETCHING:

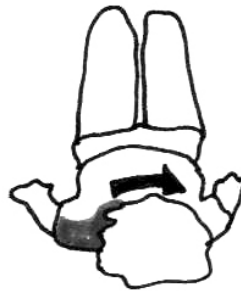
Stretch slowly without bouncing. Be sure to breathe slowly and deeply, allowing the stretch to deepen upon exhalation. Hold each stretch for 10-30 seconds. Release and repeat until you feel an ease in the targeted muscle group. Take time to stretch each day, especially before you exercise. Stretching has a cumulative effect over time, allowing greater flexibility and ease of movement. Enjoy feeling good in your own body!

PLEASE NOTE: These stretches are suggestions only. Please consult your health care provider before beginning any new stretching or exercise routines.

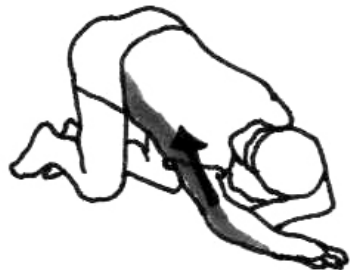
* DARKENED AREAS IN THE DRAWINGS REPRESENT THE MUSCLE GROUPS WHERE THE STRETCH SHOULD BE FELT.



1. Lying on your back, bend your knees and interlace your fingers behind your head. Slowly pull your head towards your knees using your arms until you feel a good stretch. Hold for 20 seconds and then repeat.



2. Continue lying on your back with your arms at your side, roll your head to the right and look out past your right shoulder allowing your chin to fall towards the floor. Hold for 20 seconds and repeat on the opposite side.



3. Come up onto your hands and knees, then down to your elbows. Fold your left hand under your right elbow and outstretch your right arm. Gently pull your shoulders back towards your hips until you feel a good stretch along the right side of your arm and torso. Hold for 20 seconds and repeat on the opposite side.



4. Again on your hands and knees, roll your wrists around so that your fingers are pointing towards your knees. Slowly lean back towards your hips and hold for a count of 20 seconds. Repeat.

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RECOMMENDATIONS

client name: _____

date: _____

spa partisan: _____

suggestions: _____

notes: _____

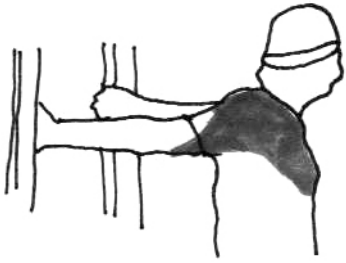
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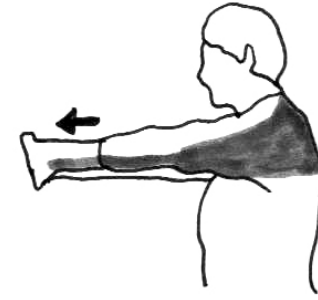
STRETCHES FOR ARMS, NECK AND SHOULDERS, CON'T



5. Standing just in front of a doorway, turn your hands outward and hold onto the molding at shoulder height and slowly lean forward. Hold for 20 seconds and repeat.



6. Outstretch your arms above your head and interlace your fingers. Press your hands towards the ceiling with your palms facing upwards. Hold for 20 seconds and repeat.



7. Outstretch your hands in front of you, fingers interlaced, palms facing outward and pull forward. Hold for 20 seconds and repeat.



8. Lock your hands behind you. Lean your neck to the left and pull your left arm with your right hand in the same direction. Hold for 20 seconds and repeat on the opposite side.



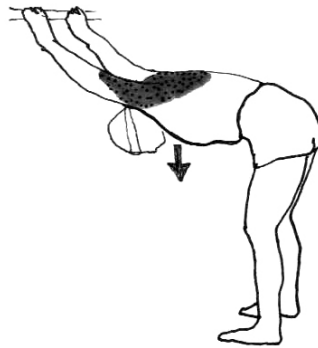
9. Stretch your arms upward and allow your right arm to fold behind your head and rest near your left shoulder. With your left arm, gently pull your right elbow towards the left and down. Hold for 20 seconds and repeat.



10. Bend your right arm at shoulder level, and wrap it around your left shoulder. With your left arm, pull the elbow back towards your shoulder. Hold for 20 seconds and repeat on the opposite side.



11. While standing, roll your neck downward and tuck your chin into your chest until you feel a good stretch in the back of your neck. Hold for 20 seconds.



12. Holding onto a railing or countertop at hip level, back your feet up about 4 feet. Now allow your chest to lower down toward the ground and feel a good stretch in the back of your shoulders.

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