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Rest, Relax and  
Sleep well

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**Welcome to final event of Mirthy 'Health and Wellbeing' day. By the end of the session, I hope you will feel many great benefits.**

Join Yewande to take time for self-care on this Friday evening - a relaxing end to the week. Learn about practicing good sleep hygiene. Participate in mindful hand massage including techniques of pulling, rotating, stroking, and stretching. The session to finish with restful deep belly breathing. Yewande hopes you will feel positive psychological benefits. Also, to release any tension. You'll need a light vegetable oil like sunflower oil. Please put on loose, comfortable clothes.

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- Yewande Rolph - Psychology degree.
- PGCE – Post Graduate Certificate in Education.
- 25-year career as a systems analyst, database manager, trainer, project manager, IT consultant.
- Founded wellbeing company in 2013, where designed, created, formulated over 95 different natural products.
- Awarded Shining Star Business Awards 2020, 2021.
- Inspired thousands of professionals to enhance their well-being naturally. Also qualified for Hand & Foot Massage.
- Natural Fragrance Company grown from strength to strength, gathering huge numbers of testimonials.

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The Hand Massage from Yewande was lovely, really, nice.

**Kelly, Ruislip**

– I did hand massage on Kelly, which was pleasant for her.

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Yewande gave me a wonderfully relaxing Hand Massage that I thoroughly enjoyed. I also purchased the Lemongrass Room spray, which I've been using regularly. I love the fresh, invigorating scent and I love that the product is natural.

**Colleen, West London**

- I performed hand massage on Collen, which she benefited from.

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Really relaxing Massage soften my skin. Made my hands more supple really good, really enjoyed it.

Thank you Yewande.

**Anne Taylor, Bournemouth**

– The hand massage I did on Anne enabled her hand to be more flexible and her skin was softened.

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# Many more Testimonials:

<https://naturalfragrancecompany.co.uk/testimonials/>

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# Why Relaxing Hand Massage & Good Sleep Hygiene



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Hand Massage can be very useful because hands are so accessible. Even though hands are used all the time, they can be often neglected. Hands are inherently sensitive and have many nerve endings. Gentle, firm pressure can be useful to help de-stress & relax a person. Full body massage cannot be performed on some conditions. A lot of people do not have time or money to get full body massage. No special equipment is necessary for self-Hand Massage, which can be performed as part of self-care routine.

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# Benefits of Hand Massage...

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- **Warm extremities** – Hand Massage is useful to warm cold hands, especially in the winter.
- **Develop stronger grip strength** – regular Hand Massage can include exercises to strengthen the hands.
- **Ease illness related fatigue** – Hand Massage can be used to empower patients to combat fatigue.
- **Promote tissue regeneration** – Hand Massage is useful for tissue and cell renewal.
- **Reduce spasms and cramping** – Hand Massage movements should lessen spasms and cramp.
- **Improve feelings of well-being** – Positive feelings of wellness can be increased during Hand Massage.

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- **Decrease anxiety** – regular massage can be comforting and reduce mental distress.
- **May help lower blood pressure** – Hand Massage with the aim of relaxation can help reduce blood pressure.
- **Reduce pain associated with arthritis** – Hand Massage has been reported to lower pain associated with arthritis symptoms by up to 57%.
- **Soothe and soften tired, and overused muscles** – Gentle, skilful, and effective Hand Massage has been known to rest and relieve muscles that are constantly used.

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- **Moisturise and improve the condition of the skin** – During Hand Massage, when an effective moisturiser is applied, the condition of the skin is noticeably improved.
- **Release endorphins** - the body's natural painkillers – If we hit an object by accident, we instinctively put our hand over the area to stroke it. This action automatically releases the body's natural painkillers to the affected area.
- **Promote deeper relaxation and improve sleep** – During restful Hand Massage, relaxing pressure points are activated. Some people start to doze off during my Hand Massage sessions!

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- **Improve circulation by pumping oxygen into the hand** – Gently pulling the fingers, rotating the wrists, stroking the skin, during Hand Massage boosts circulation, especially for sedentary folks.
- **Increase joint flexibility and range of movement** – Regular Hand Massage should improve flexibility and widen movement range.
- **Relief stress:** it is suggested that up to 90% of disease may be stress related – Relaxing Hand Massage has been known to counteract flight, fight or freeze.
- **Hand Massage helps the body's immune system** by increasing white blood cell counts. When the hand is massaged, it is a signal to the brain to release white blood cells to that particular area.

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➤ **The vital importance of sleep.**

➤ “Quality sleep – and getting enough of it at the right times -- is as essential to survival as food and water”. - Institute of Neurological Disorders and Stroke.

➤ **Improving Sleep Hygiene**

Sleep Hygiene is a list of actions under our control that we can take to make quality sleep more likely.

If a person has long-term persistent insomnia, having this list may not be enough to make a difference.

It is like giving an unfit person a list of exercises to undertake without support, guidance, or accountability.

These good Sleep Hygiene factors are divided into:

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- Bedroom Factors or Lifestyle factors.
  
- Bedroom Factors conducive to good quality sleep:
  - Improve quality of air in the bedroom.
  - Bedroom should be dark.
  - Mattress and pillows to be comfortable.
  - Bedroom should be cool ideally 18°C.
  - Quiet, low noise in bedroom.
  - Body temperature on the cooler side just before sleep.
  
- Lifestyle factors important for good quality sleep:
  - Limit the amount of caffeine ingested from the afternoon.
  - Limit the amount of alcohol.
  - Having a nutritious, varied diet.
  - Gentle, not vigorous exercise just before bedtime.
  - Limit the amount of nicotine consumed.
  - No digital devices in the bed.



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**Suggested daily simple self-care massage routine: Caution: - If movement hurts stop doing it:**

- ❖ Wear comfortable, loose clothing, sit comfortably with feet on the ground.
- ❖ Be mindful, focus, concentrate on & notice the movements made.
- ❖ Mindfulness calming down and be present to what is happening in the given moment.
- ❖ Avoid massaging directly on painful joints. Can gently, firmly massage around the joints.
- ❖ Let's have safe beneficial session.
- ❖ Take even, balanced breaths all through.
- ❖ Feel part of a supportive group, cultivate positive emotions - joy, interest, contentment, gratitude, and love.
- ❖ Step into enjoyment of this activity Mirthy thoughtfully provided.
- ❖ Move shoulders up & down 3 times. Rotate round 3 times one way, then other way.
- ❖ Tense whole body, then release 3 times.
- ❖ Consciously release any noticeable tension.
- ❖ Shoulders should be down & relaxed.
- ❖ Keep shoulders relaxed, feet firmly on the floor to feel grounded & supported.
- ❖ Take a little plain, light vegetable oil like pure sunflower oil (optional).
- ❖ Gently stroke each the back of each hand towards the heart at three times.

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- ❖ Firmly pull each finger in turn, be gently but firm.
- ❖ Rotate each finger in clockwise direction.
- ❖ Rotate each finger in anti-clockwise direction.
- ❖ Rotate wrist in clockwise direction at least three times, then anti-clockwise least three times.
- ❖ Grip both hands, then release three times.
- ❖ Stroke the inside of the palm of each hand towards the heart at least three times.
- ❖ Right hand, move all fingers backwards.
- ❖ Left hand, move all fingers backwards.
- ❖ If it hurts do not carry-on the movement.
- ❖ Gently pinch the flesh of each palm from each finger down to the wrist.
- ❖ Take three deep belly breaths count to 10 in & 10 out – 3 times.
- ❖ Focus on even, balanced breathing to aid rest and relaxation.
- ❖ Let us be grateful for this opportunity and have a pleasant weekend.

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By the end of the session,  
I hope you learnt something.  
Also felt the positive benefits socially,  
emotionally, physically,  
and mentally.

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**Any Questions or  
Comments?**