











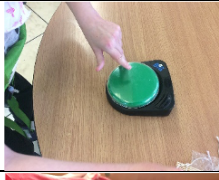



Seaside Walk Massage Story

www.storymassage.co.uk

Adapted for use with props by Caroline Hill,
Founder of Making SENSE Creative Services Ltd

Massage Stroke	Words	Props	
	We go to the beach, crunching on the shingle.	Pebbles, shingle, shells – to feel, smell and see.	
	Seagulls swoop in and out of the waves.	Large feather to feel and touch on face and hands.	
	Sea sprays our faces and we taste salt on our lips.	Plant water spray to lightly spray above head or around individual so it drops on hands and trays.	
	A sudden shower drenches us and we run for cover.	Silver foil survival blanket (which can be draped over the head) giving sound and texture.	
	Out comes the sunshine again, drying everything.	Yellow ball/balloon to move around in hands.	
	Let's eat some chips on the beach, sprinkled with salt and vinegar.	Malt vinegar to smell on cotton wool balls.	
	Look at the seagulls slyly eyeing up our chips.	Newspaper parcels – to feel and smell. Can be rubbed with vinegar.	
	Listen to the happy sound of laughter as people play in the waves.	Recorded laughing on a portable switch, phone or ipad.	
	The soft feeling of ice cream melting on our tongues ends our day in the warm sunshine.	Vanilla scented handcream or vanilla essence on cotton wool balls.	