

Self Care Massage Instructions

Following these gentle recommendations will make a major shift in your health whether you are suffering from -

- Period pains
- Peri-menopausal problems
- Fertility issues
- Digestive issues like bloating or constipation

If you haven't already seen it, you can access a video of how to do the massage at <http://bit.ly/1nnrL2s>, just fill in the form to watch the video.

Doing this five-minute routine will make an improvement in your symptoms; congratulations, you are taking your first steps towards loving your belly!

Why does it work?

Massaging your belly will help by

- Bringing fresh blood to your womb and digestive organs
- Releasing tension
- Dissolving emotional blocks
- Helping to re-align your womb

When to do it

- Massage your belly before you go to sleep
- Start the day after your period finishes
- And continue till a few days before you start your next period

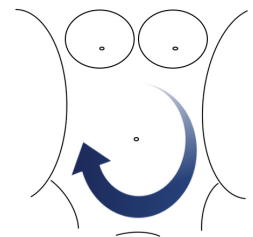
When not to do it

- A few days before, during or immediately after your period.
- If you have an IUD or coil of any kind
- If you think you might be pregnant
- If you have an infection
- Or if you're taking pain killers which might mask any pain

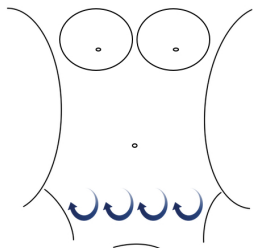
Just remember to be gentle, use slow, soft strokes and make sure it feels good!

What to do

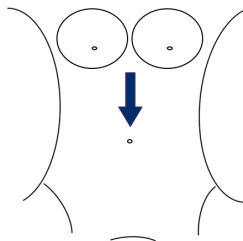
1. Lie on your back and get comfy by putting a pillow under your knees.
2. Place your hands on your belly between your belly button and pubic bone and take long, slow breaths into your abdomen until you feel relaxed.
3. Using your favourite oil or cream, make slow circles in a clockwise direction all over your belly. From hipbone to hip bone, up the sides, under the rib cage and down again. This is the direction that your digestion flows through your colon. Keep your touch light and your hands soft on your belly.



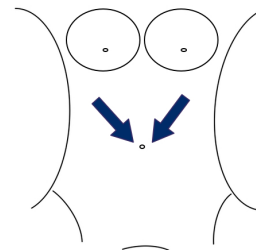
4. Next make gentle scooping circles between your hipbones, and say hello to your womb. Giving her some gentle attention will really help the flow of blood, lymph the nerve impulses and energy.



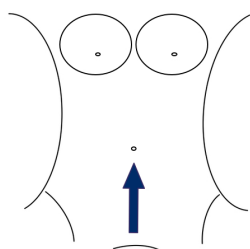
5. Place your hands underneath your ribcage in the middle of your upper belly, on an out breath sweep gently down to your belly button. You can repeat this twice more if it feels good.



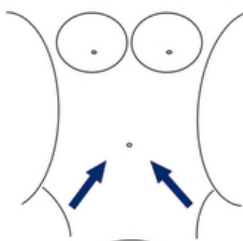
6. Move your hands to the left ribs and again, on an outbreath, just slide softly down towards your belly button. Repeat on the right side.



7. Now we're going to do the same thing on the centre of the lower belly, just above the pubic bone, softly slide up towards the belly button. You can repeat up to three times if it feels good.



8. Repeat the same stroke from the right hipbone to the belly button and again from the left. Often our wombs sit more to the front or back, slightly askew and this will mean it won't be functioning as well as it could. This massage will really help to get your uterus resting in a good position.



9. Finally, place your hands over your uterus and enjoy the new energy you have created. It's normal to feel a bit awkward at first and that you're not getting it right, don't worry. It will quickly start to feel more natural and easy.

Keep on being gentle to yourself

Don't forget to drink lots of water and to notice what happens with your symptoms. Your uterus may have a clear out and have a heavier period than usual, perhaps with clots. This is your uterus letting go so don't be alarmed.

There may also be an emotional release so be gentle and kind to yourself, if you find that you're emotional. Working with your body in this deep, yet respectful way is deeply healing.

If you have any concerns, there is more information on www.katecodringtonmassage.co.uk or you can get in touch on kate.codrington@gmail.com