

Lymphatic Self Massage

Focus on creating gentle movement of stretching and releasing (pumping action).

1. Gently stroke downward from the top of neck to the top of collar bone.

2. Feel the hollow spot above collarbone. Gently stretch the skin from the shoulder toward the neck. This opens the lymph passages before it empties into the circulatory system.

3. Gently stretch the skin under your arm toward your armpit or simply hold it until the tenderness disappears.

4. Support breast and with a gentle stretch and release pumping action move toward underarm.

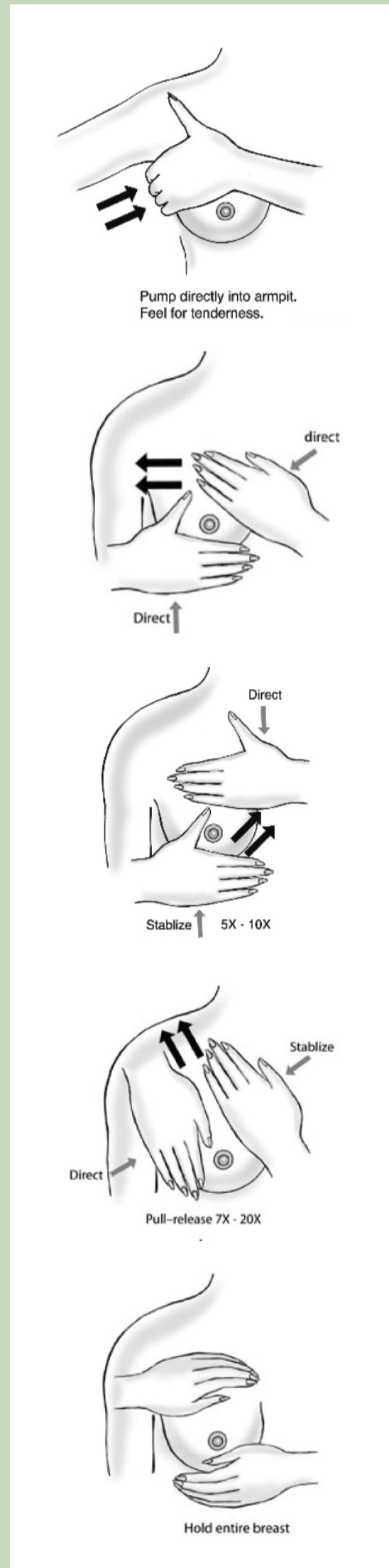
5. Support breast and with a gentle stretch and release pumping action move breast toward the center of body.

6. Focus on a flat palm and with an upward stretch and release the breast upward toward the neck.

7. Gently stretch the skin away from the nipples all around the breast.

Repeat each step 10-15 times.

Repeat steps 3-7 with the other breast.



Illustrations courtesy of www.breasthealthproject.com

www.HeathyGirlsBreastOil.com

715-878-4474