



Self Abdominal Massage

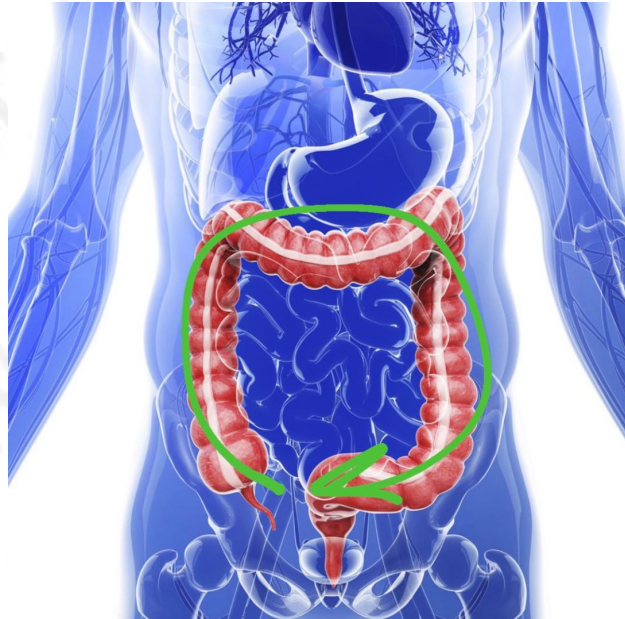
Gentle physical nudges in the proper direction can really help move gas and waste matter through the bowels. Helpful in most cases of constipation, gas, and/or bloating, abdominal massage is an easy at-home practice that can greatly benefit digestive health and improve transit through the intestines. To perform, follow these instructions:

- 1) Find a comfortable supine (face up) position, such as on a bed or carpeted floor. Bend your knees and place your feet flat on the bed/floor.
- 2) Prepare your massage oil(s) if you choose to use them. An ideal oil blend for abdominal massage includes a 1:1 mix of castor oil with a thinner oil such as olive, avocado, or sweet almond; an excellent addition to your abdominal massage oil blend is peppermint essential oil. Use 1-2 drops of essential oil per tablespoon of other oil(s). You can mix a large batch of abdominal massage oil to use for an extended time, or you can mix the oils together in your palm before each session. Note that *not every session must include the oils*; I recommend oils to be included in abdominal massage in the evening. Note that oils may stain sheets and clothing.
- 3) With medium pressure*, use your hand to “massage” your abdomen in slow circles, following the direction of digestion. (Always move clockwise; see images on the following page.) You may choose to make small circles within the larger circle, or simply make the larger circle. Continue massaging for 3-5 minutes. Visualizing forward motion of/within the intestines as you perform the massage can enhance its effects.

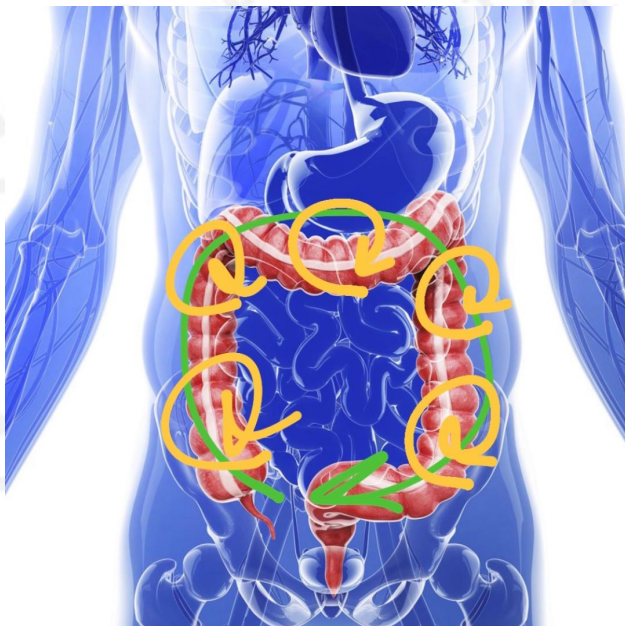
*medium pressure = firm enough that it reaches further than skin deep, but not so firm that it causes pain or discomfort

- 4) Repeat 2-3 times daily, aiming to use each 3-5 minute session as peaceful, self-care time set aside just for *you*. Be sure to breathe ~ ideally deep, belly breaths ~ while massaging!

Remember to massage in the direction of digestion only. You can either make large circles:



And/or you can create smaller circles within your larger circles:



(background images from [verywellhealth.com](https://www.verywellhealth.com))