

Fertility Massage

10-minute Mini playsheet

The **Fertility Massage Mini** is designed to restore inner health to your reproductive system, your menstrual cycle and your fertility through a series of specific deep-tissue massage techniques. Massage has been used for centuries to help women before conception, increase their fertility, and create a healthier uterus to support the growth of their baby. Any problem of the reproductive system is a sign of stuck or stagnant energy. This Mini helps clear energy blocks in the reproductive area, to get energy flowing freely again.

WHY DO THIS MINI?

This Mini for anyone who is experiencing unexplained fertility, menstrual cramps, endometriosis, cysts, PSOC, poor circulation, scar tissues or blocked fallopian tubes. Ultimately though, this massage is helpful for every woman's reproductive health, especially if you've had past surgeries in this area or have a family history of some of the above conditions.

The three major organs that this massage focuses on are the ovaries, the uterus and the fallopian tubes, which all need to be in a healthy state in order to conceive. Your stomach, liver and intestines - also important for general health and fertility - will get a lovely massage as part of this Mini, to help support the reproductive system in functioning well.

When we get stressed, we tend to shove our emotions down into our stomach where they create all sorts of digestive and reproductive problems. If your stomach is hard to touch, it's possibly because you're holding a lot of stress there. As you breathe deep into your belly, inviting the tension to release, massage love into your organs and tissues and give your body the healing touch it most craves in that moment.

HOW TO DO THIS MINI...

You'll want a soft but firm place to lie down in **Base Position**. Perhaps place a few folded blankets down on a yoga mat or carpeted floor. You want a place that you feel supported, yet is comfy enough to completely let go and surrender into (a bed mattress is too soft). Make sure your belly is bare and you have easy access to your lower abdomen (as far down as your ovaries and pubic mound). You can do this massage with or without massage oil.

What's most important with all of the massage techniques in this Mini, is that you apply a *firm* pressure. Not so it hurts, but firm enough to be able to penetrate through the skin and into the muscles and tissues that most need your healing touch. This is what will help break up scar tissue, bring fresh blood and oxygen into your organs and encourage better circulation and energy flow. If you're experiencing any of the symptoms I mentioned, it's suggested you do this Mini 3 times per week outside of your period. **Do NOT do this massage if you are menstruating or once you find out you're pregnant.**

If you have visited the **Luscious Lady Parts sequences** you'll be familiar with some of the massage techniques used in this Mini. Feel free to watch the **Luscious Lady Parts videos** for a visual reference, or read through the Manual here for a brief description on each of the techniques, including a few new ones specifically included in this Mini.

Fertility Massage

10-minute Mini manual

- ♥ Circle Massage: 2-min
 - ♥ Log Massage: 30-sec
 - ♥ Ovary Massage: 90-sec
 - ♥ Scooping: 90-sec
 - ♥ Zig Zag Massage: 90-sec
 - ♥ Mini Spirals: 90-sec
-

Circle Massage

Place the three middle fingers of each hand on your belly button. Take a deep breath in, and as you exhale, start to spiral your fingers in a clockwise direction - the direction of your intestines - applying a firm but gentle pressure as you circle your belly button. Slowly expand the size of your spirals so the circles grow bigger and bigger, and more of your stomach is receiving your firm loving touch.

You want to spiral large enough so you eventually reach all the way down to your pubic bone and up to your ribs. Once your spiral reaches your boney landmarks, then slowly start to spiral back in towards your belly button in one fluid motion. Continue to slowly and firmly spiral in and out at your own gentle pace for **2-minutes**.

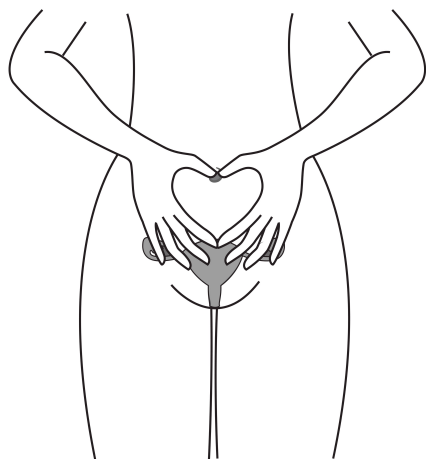
GIFTS: The **Circle Massage** is always done in a clockwise direction to support your intestines in moving on, what you no longer need. Hence, this is a really good massage to do if you're constipated! Ultimately this **Circle Massage** is great in that it gives all of your internal organs a yummy massage, helping bring fresh blood to your lady parts, while ironing out any stuck energy or tension held in the tissue and muscles. As you journey around, you will caress and bring healing relief to the liver, the intestines, the uterus and the ovaries.

Log Massage

Take your three middle fingers to the middle of the bottom of your ribcage, and start to firmly move the tips of your fingers straight down to your belly button. Continue to stroke straight down from your ribs to your belly button **3 times**. You may feel a hard log in your stomach when you do this, this is the sign of stress being held in the stomach.

GIFTS: The **Log Massage** is specifically design to help dissolve stress and tension held the stomach area. Unless the stomach is in a soft, relaxed state, it cannot function optimally, as energy will not be able to easily move through that area. As you melt the stress tension in your stomach, you are freeing the energy to move more easily and allow proper circulation.

Ovary Massage



Place your hands over your ovaries. Your ovaries are hidden deep in your body protected by the big bones. *Not sure where they are?* Bring your thumbs and index fingers together like an upside down triangle, placing your thumbs on your navel, the point of the triangle pointing down to your vagina, sitting on your pubic mound (as in the picture). Bring your attention to where your pinkie fingers are sitting; that's where you'll find your ovaries.

Spend **90-seconds** massaging your ovaries in small, gentle but firm circles. Massaging through your skin in this manner helps wake up and enliven your ovaries. As you massage ideally you don't want your hands to lose grip with your skin (easier to do *without* massage oil); the stomach moves with you as you massage, making the movement quite subtle.

GIFTS: Ovary massage helps create accentuated blood flow into your pelvis and ovaries, which in turn, enlivens all the cells and tissues in this area, bringing nutrients to your eggs. What's interesting, is that we can actually *get* energy from the eggs we let go of each month *through* ovarian massage, while at the same time helping to keep our ovaries young and succulent.

Ovarian massage is great for women going through menopause, as well as for women who are missing an ovary or two. The energetics of the ovary are still very alive, so you still want to work with them in this way. Women tend to store much of their stress in their ovaries, so massaging them daily is one of the most healing things a woman can do for herself.

Scooping

Place your three middle fingers at the base of your pubic bone – this is where your uterus is found. Alternating hands, slowly but firmly scoop up from the pubic bone all the way to the belly button. Go all the way to either side of the pubic bone, scooping up from the left to the right side of your body, so no area here is missed. Spend **90-seconds** giving yourself some **Scooping** love.

GIFTS: **Scooping** is one of the most beautiful massages to give yourself because as you **Scoop** up to your belly button, you are pressing into your uterus, ovaries and fallopian tubes and thus helping create healing in those areas. If you want a massage technique that primarily focuses on your reproductive

organs, will help clear blocked fallopian tubes, and break up scar tissue, this is it!

Zig Zag Massage

Working with the same area - the lower abdomen - instead of scooping straight up like in the **Scooping** massage, we use the middle three fingers of both hands together, to **Zig Zag** from the pubic bone up to just above the belly button. Take your **Zig Zag** wide so you're covering your entire lower abdomen area. Continue this upward zig-zagging motion for **90-seconds**.

GIFTS: Like with the **Scooping**, we are again targeting the uterus, fallopian tubes and ovaries. The main difference is that the **Zig Zag** motion is even more effective in breaking up scar tissue and adhesions. Mixing **Scooping** with **Zig Zagging** is a great way to ensure that you don't miss any areas that need releasing.

Mini Spirals

Place your hands just below your rib cage and let the three middle fingers of each hand draw **Mini Spirals** firmly into your abdomen. Let these **Mini Spirals** travel all over the abdomen, until they have journeyed all the way down to your pubic bone. Continue to massage **Mini Circles** into your abdomen for **90-seconds**.

GIFTS: When you **Mini Spiral** in this fashion you are helping to break up the miofascia and increase circulation to the entire system. But of course, like all of these different massage techniques, you are also helping to release tension and encourage a healthier flow of energy, so that your sexual organs and your other vital organs can remain healthy.