

Belly Massage Oil

When I went to massage school and learned how to perform abdominal massage, I understood just how powerful it could be for relieving constipation and indigestion, as well as improving back pain. That's right! Back pain can often occur when our abdominal muscles are tight! You can perform a massage on yourself, and I strongly encourage you to do it morning and night for five minutes. It will significantly improve your situation.

Ingredients:

- 2 ounces olive, grapeseed, or sesame oil
- 12 drops peppermint or lavender essential oil

Directions:

Mix together and bottle.

How to Use:

1. Put a little lotion or massage oil (see below) on your hands, lie down in a comfortable place, and place a pillow underneath your knees.
2. Beginning in your lower right pelvic area, gently apply pressure and massage in small circles, slowly moving upwards toward your rib cage.
3. When you get to the right side of your rib cage, gently massage towards the outer edge of your left rib cage.
4. Work your way down the left side of your torso towards your groin area.
5. As you massage, you may find some areas that are tender when you apply pressure. Spend a little more time in those areas, massaging gently. Over time, these areas will become less tender.
6. Do this morning and night, gradually increasing the pressure.