

How to Practice Ayurvedic Breast Massage with Féminin Oil

- 1 Apply Féminin oil into the palm of your hands and warm up the product by slowly rubbing the palms together.
- 2 Place your palms face down on your heart, with your left palm on top of your right. Close your eyes and take 3 slow, deep breaths in and out, focusing on your heart center.
- 3 With your right palm on your heart, make a windshield wiper motion, sweeping from the heart to the collarbone, shoulder, bicep, and back to the heart with light, swift pressure. Repeat this sweeping motion 3-6 times.
- 4 Place your fingertips in the center of your chest and massage the intercostal muscles. Starting at the center, slowly glide your fingertips outward towards your nipples. Just before you touch your nipples, bring your fingertips back to the center of your chest and position them slightly lower. Repeat 3-6 times.
- 5 Return your right fingertips to your heart center and make small, clockwise circles, moving just below your collarbone to massage the lymph nodes. Continue into your underarm in a gentle, clockwise motion. Circle down towards the bottom of your breasts and back to your heart. Repeat 2 more times.
- 6 Place your right palm on your heart and make three large, sweeping, clockwise circles around your left breast.
- 7 Repeat steps 1-6 on the opposite breast, switching to the left hand for steps 3, 5 and 6.
- 8 Return your palms to your heart center, close your eyes, and take three slow, deep breaths in and out. Bring your awareness to your heart center and breathe in love, gratitude, and respect for the beauty and wonder of your breasts. Allow these feelings to expand outward to your entire being.

