

How to Practice Ayurvedic Belly Massage with Flow Belly Oil

A belly massage can be a soothing and relaxing way to relieve tension, improve digestion, and promote overall well-being. Here are some step-by-step instructions on how to perform a belly massage:

- 1 Prepare the Environment** - Find a quiet and comfortable space where you can lie down or sit in a relaxed position. You may want to use a yoga mat or a soft surface. Make sure the room is warm, as warmth can help relax the abdominal muscles.
- 2 Get in a Comfortable Position** - Lie down on your back or sit in a comfortable position with your knees bent if you're on a yoga mat or bed. Ensure your body is well-supported with pillows or cushions under your head and knees if needed.
- 3 Warm-Up the Oil** - Apply Osi Oils Flow Belly Oil to the palms of your hands and warm the oil by slowly rubbing your palms together.
- 4 Relax and Breathe** - Take a few deep, slow breaths to help you relax. Focus on your breath to calm your mind and prepare for the massage.
- 5 Start with Gentle Strokes** - Place your hands on your belly, just below your ribcage. Begin with gentle, circular motions using your fingertips. Move your hands in a clockwise direction, following the natural path of your colon. This can help stimulate digestion. Apply light to moderate pressure, and adjust it to your comfort level.
- 6 Work Downwards** - Gradually move your hands lower on your abdomen as you continue the circular motions, working your way toward your lower abdomen. Keep the pressure consistent and comfortable.
- 7 Pay Attention To Tension** - If you feel any areas of tension, you can focus on those spots with a bit more pressure, using slow and gentle kneading motions. Listen to your body, and if you experience any discomfort or pain, reduce the pressure or stop the massage.



8 **Continue for Several Minutes** - Spend at least 5-10 minutes or more, if desired, massaging your belly. You can vary the strokes and pressure to find what feels best for you.

9 **Finish with Gentle Strokes** - End the massage with the same gentle, circular motions that you started with, gradually moving back up towards your ribcage.

10 **Rest and Relax** - After the massage, take a few moments to rest and relax, continuing to focus on your breath.

* **Remember to listen to your body** and adjust the pressure and speed of the massage to your own comfort. If you have any medical conditions or concerns, it's advisable to consult with a healthcare professional before attempting any massage techniques, especially if you're pregnant or have any digestive issues.



Benefits

- Boosts the immune system and detoxifies
- Relaxes the abdomen, reduces stress, and improves sleep quality
- Eases upset stomach and bloating
- Softer, more radiant skin, and treats skin inflammation