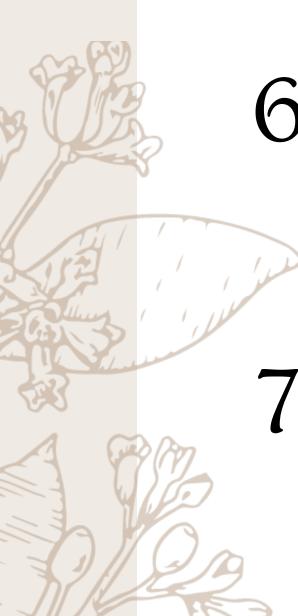
## How to Practice Ayurvedic Belly Massage with Flow Belly Oil

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:

- 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.
- 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.
- 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.
- 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.
  - **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.
  - **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.





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





- 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