

Breast Massage

Adding breast massage to your regular routine can be a loving, less fear-based way to get to know your breasts. Regular breast massage will reduce pain, improve lymphatic drainage, and soften dense breast tissue. It will help you feel more connected to your body while allowing you to detect anything that's out of the ordinary. The chest is where we feel our pain, joy, fear, and courage. Send yourself deep love as you massage this area. Aim for a 5-10 minutes weekly massage at a minimum. Every day is even better! Most importantly, if the directions below feel complicated, keep it simple: focus on lovingly massaging your breasts with the intention of moving lymph toward your armpits. Done with intentional, loving touch you can't really go wrong.

How to do it:

1. Stand in front of a mirror. Look at your breasts. Place a small amount of oil (coconut, olive, sesame, avocado) in your palms and gently place on shoulders, neck, collarbone area, armpits, and breasts.
2. Massage your upper shoulders and neck to relax the muscles of your shoulders.
3. With fingers together and a flat palm, move the skin of your neck back and down towards your collarbone. (5x) Crossing your arms, gently press into the space behind your collarbones with your index and middle fingers and release. (5x)
**repeat 2 & 3 up to 5 times*
4. With fingers together and a flat palm, gently pump your armpit by pressing into the tissue and releasing. (5 pumps repeat 3x on each side)
5. Supporting the underside of your breast with the opposite hand, gently but firmly massage from your breastbone moving towards the nipple with flat fingers.
6. Make your thumb and middle fingers into a "V" shape and press from the outside edges to toward the nipple. Massage from underneath your breast towards the nipple with long strokes or semicircles.
7. Massage with light pressure from the side of your breasts towards your armpit.
8. Gently pull the breast away from the chest wall while cupping it in your hand. Move the breast up and down and from side to side to release any restrictions in the tissue. This allows lymphatic fluid to drain.

