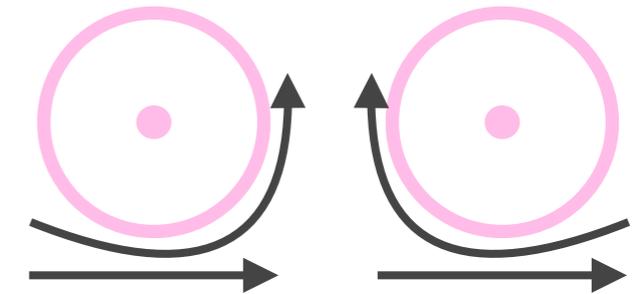


10-Step 5-Minute Breast Massage

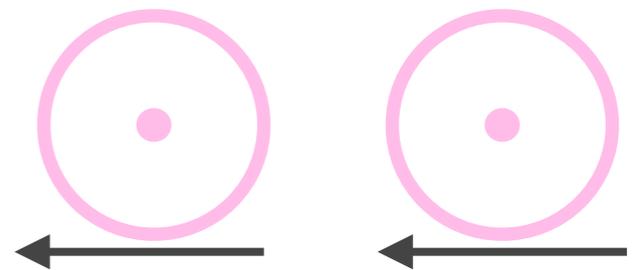
This simple self breast massage may be done every day. Use firm relatively vigorous pressure but not so much that you cause bruising. Use less pressure during the first couple of days performing this practice or during menses to minimize breast tenderness. We suggest use of a [light massage oil](#) or [Vegetal Oil Emulsion](#) to facilitate the massage. Apply the [Yogi Body Gel](#) for your condition when the massage is complete. DO NOT PERFORM THIS MASSAGE IS YOU HAVE CANCER OR ARE NURSING.



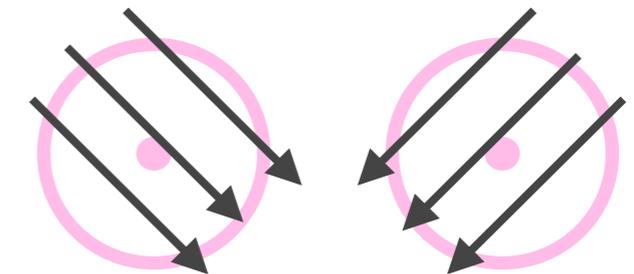
Using both hands, circle the breasts in an upward motion moving toward the face. Repeat 6 times.



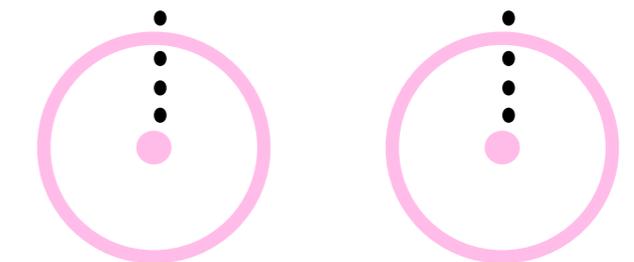
Working on your left breast, rest your left hand on top and place your right hand underneath. Using a push-pull motion, rub hands back and forth. Repeat 10 times. Then working the right breast, rest your right hand on top with left hand underneath. Repeat 10x.



Lift your left arm using your right hand like a rake. Rake from shoulder to sternum. Repeat 6 times. Lift your right arm and rake with the left hand. Repeat 6x.



Press 4 fingers into the intercostal spaces starting above the breast in line with the nipple. Move fingers out 1 inch and press. Move fingers out 1 more inch and press.





Move up the sternum using a spiral motion.



Tap your sternum with your fingertips.



Place spread out fingers of both hands in between the breasts. Press with firm even pressure into the intercostal spaces.



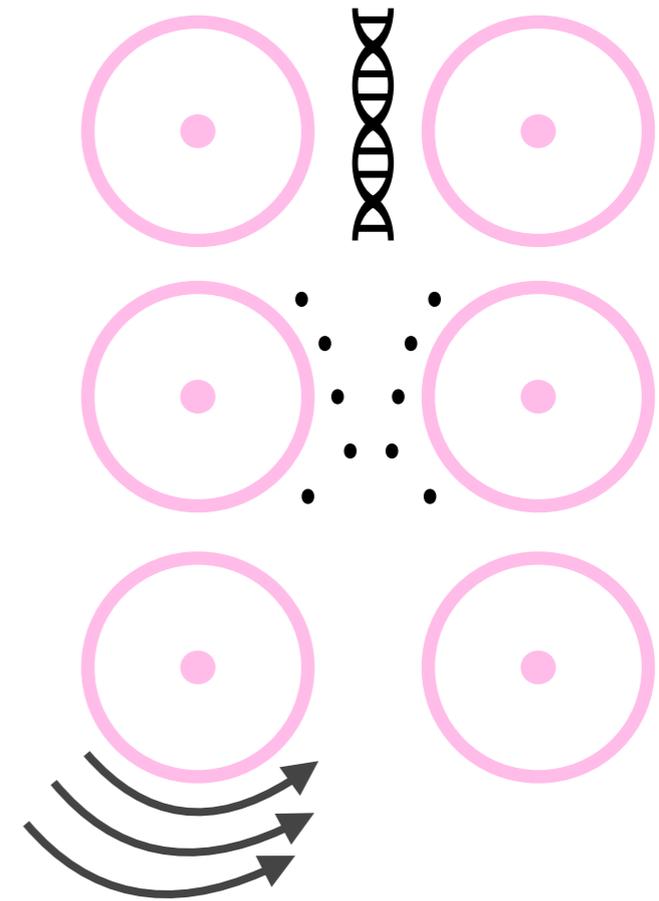
Hold your left arm up and wrap your right arm around your torso. Rake from your underarm dragging your fingers between the ribs under the breast, 8 times. Change sides and repeat 8x.



With your right hand, work the left trapezius (shoulder) for 30 seconds. With your left hand, work the right trapezius for 30 seconds.



Standing in a doorway, support your right arm at a 45° angle. Turn your head away and gently lean forward feeling the stretch in the pectoral muscle for 15 seconds. Change sides and stretch the left pectoral muscle for 15 seconds.



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