

ABDOMINAL MASSAGE

Right
Side



Left
Side

Step 1 Stroke upwards on the right side of your tummy 3 times.

Step 2 Stroke below the ribcage to the left 3 times.

Step 3 Stroke downwards towards the bottom of your tummy 3 times.

Step 4 Stroke in a circular motion following the direction of the arrows.

Step 5 Palmer kneading – one hand performs a circular movement, quickly followed by the other hand, moving down the tummy.

Light massage oil can make this more pleasant.

Massage for around 10 to 20 minutes.

