

# BREAST MASSAGE



There are many benefits to doing regular breast lymphatic drainage massage. Our breasts are unique, in that they have no muscles. That means that the lymph flow can become stagnant and restricted, resulting in toxin and fluid retention in the breast tissue. Self-lymphatic drainage can help drain these toxins from the breast tissue, resulting in overall breast health.

Lymph drainage - when done on your breasts regularly - can improve circulation and reduce swelling or any breast tenderness. Our breasts are such a prominent part of our being. It's time to give them love.

## **Steps For A Lymphatic Drainage Massage**

How do you begin your new practice of lymphatic drainage? With deep breathing. An important part of your self-care, breathing helps to stimulate your lymphatic system in your entire body. As you go through the following steps, remember to keep coming back to your breath.

### **Step 1: Prepare Your Lymph Nodes**

Apply your breast oil topically after showering or before bed. Add a few drops of oil in your hand and place them under your breast.

Start by stimulating the lymphatic nodes in your neck. Gently stroke downward from the top of your neck to the top of your collarbone. Repeat strokes 5-10 times. Then place your fingertips in the hollow portion above your collar bone and gently stretch your skin from your shoulders towards your neck. Repeat 5-10 times. This opens the lymph passages before it empties into the circulatory system.

To prepare the lymph nodes in your armpits, place the flat part of your hand in the opposite armpit. Using a pumping motion, move your hand upward and inward towards

your chest. This prepares your lymph nodes for increased movement. Repeat 5-10 times on each side.

## **Step 2: Massage Your Breasts**

Massage your breasts towards your lymph nodes by placing your palm under your breast and massaging along the bra line, up and into your armpits. Repeat 6-8 times on each side.

Then, place your palm over your breastbone in the center of your chest. Imagine drawing a rainbow with your fingers towards your armpits while gently massaging your breasts with the whole hand.

Place the palm of one hand below your breast and gently hold it. Using the palm of the other hand, massage your breast towards your collarbone.

## **Step 3: Shake Your Breasts, Freestyle**

It's important to feel comfortable and have fun! One option is to simply hold a breast with both hands and give it a little jiggle. Alternatively, hold your breasts with both hands and pump them inwards in circular motions while rotating your shoulders.



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