



V E R V E

*Fertility
Massage*



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Fertility Massage

- Lie on your back with knees slightly bent. You can use a soft pillow to support yourself. Your belly should be soft.
- Using your right hand, reach across the left side of your body at your waistline and hook onto your side muscles. Slowly drag your hand across your midsection, alternating from the left to right side and remembering to breathe. Repeat 9 times on each side.
- Place your hands on both sides of your waistline and move them toward your centre line using pressure to gather and pull your sides together. Imagine that your waist is a giant bouquet of flowers and your waistline is the long stems you're gathering.
- At the centre line on either side of the navel, press down and stroke toward the pubic bone. Follow through with your palm, like you're smoothing the wrinkles down the front of your shirt.
- Move your hands sideways along the inguinal line (groin line) back to the side of your body at your waistline.
- Repeat the movement like you're doing the breaststroke.
- Use massage oils if desired.