

ABDOMINAL MASSAGE

This therapeutic tool addresses problems related to intestinal transit. Constipation is a very common problem due to lack of exercise, stress, poor diet or drug intake.

Abdominal massage seeks to help the colon mobilize the waste it contains. A gentle massage is performed in the sense of emptying the colon, that is, starting from the right side of the abdomen, then passing through the upper part of the navel, then descending through the left flank.

Another goal is to relieve stress-related problems. In today's world, anxiety and stress can cause the feeling of a “knot in the stomach”. Along with the feeling of restlessness, you may experience abdominal pain accompanied by gas. The relaxing effect of the massage helps to alleviate these symptoms, as well as to enter into a state of relaxation.

Suitable for:

Constipation

Meteorism, flatulence

Irritable bowel syndrome

Bowel inflammations (if due to an obstruction)

Dyspepsia (indigestion)

Menstrual cramps

To perform this massage, it is necessary that 2 hours pass after eating food.