



BREAST MASSAGE

The breasts are organs of love, support, security, care, and nourishment, as well as pleasure. Taking care of these female organs is one of the best things you can do for yourself.

BENEFITS

- **Promotes flow.** The breasts are made up of fatty tissue with lymph constantly flowing through and cleansing the tissue. There are also ducts for the flow and production of milk.
- **Supports the release of toxins.** Being a fatty tissue organ, other fat-loving molecules love to hang out in this tissue, such as pesticides and other environmental toxins. Massage helps the body eliminate toxins.
- **Nourishes the heart chakra.** As the breasts are an extension of the heart chakra, many practitioners have noticed breast challenges resolve by cleansing deep-seated emotions.

THE TECHNIQUE

Making breast massage a ritual allows for physical, emotional, and spiritual support and cleansing. Incorporate this Breast Massage Ritual into your daily routine or offer it to yourself as a treat once a week.

1. You may begin with a whole body self-massage, or abhyanga, to ground yourself.
2. Grasp your hands at your heart in gratitude for all that you and your body do and give on a daily basis.
3. Open your hands over your heart and breasts. Your hands have tremendous healing potential. Through your hands, send the energy that your heart center is supported and is in a safe place to release and heal.
4. Give yourself permission to let go. Be an observer of what thoughts and emotions naturally come up.
5. Breathe.
6. Dip your fingers in a balm (Banyan Breast Balm is formulated with herbs that support breast health) or warm oil.
7. Begin massaging in a circular motion moving from around the nipple towards the outside of your breasts.
8. Massage in the area of the armpit and the most outer quadrant of the breast tissue extending to the shoulder joint.
9. Massage behind your collarbone from the outside in towards your neck using long strokes.
10. Repeat on the opposite side.
11. Cover your breastbone with your hands, sending love, peace, and forgiveness.
12. Observe. Breathe.

RECOGNIZING CHANGES IN YOUR BREASTS

Breasts, like the rest of your body, change depending on what doshas are impacting your body most at any given time. If you notice any of these changes, let your healthcare provider know!

DOSHA	CHANGES
Vata	Change to a smaller size Dehydrated appearance like a raisin Excess dry skin
Pitta	Redness, warmth Green or yellow discharge, bloody discharge Breast discomfort or tenderness
Kapha	Increase in growth Masses or lumps Swelling or a sense of bloating in the breast Oily or thick discharge Yeast infection underneath the breast

ADDITIONAL RECOMMENDATIONS FOR HEALTHY BREASTS

1. **Participate in a seasonal cleanse** to eliminate toxins and rebalance doshas.
2. **Eat organic and pesticide-free** food to prevent toxins from making a home in your breasts.
3. **Drink plenty of fluids** to avoid channels and ducts from drying up.
4. **Nurture yourself** and give time for inner reflection.
5. **Use a natural deodorant**, antiperspirants clog pores.
6. **Exercise and sweat** to keep your lymph moving.
7. **Avoid underwire bras** which create a stagnant, stuffy environment in the breasts.



The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.