

Flow Your River Gentle Tummy Massage

Massage Instructions:

- **Pour** Fractionated Coconut Oil into the palm of your hand (about the size of a quarter).
- **Add** 1-2 drops of DigestZen oil blend to the Fractionated Coconut Oil in the palm of your hand and rub your hands together to mix the oils.
 - Order Your doTERRA essential oils here:
www.healthyoilsweb.com
- **Start** by making a large belly circle with your hands:
 - Place both hands on your lower right abdomen, above your hip bone.
 - Begin moving your hands slowly up the right side of your abdomen.
 - Cross over to the left side just below your breasts.
 - Slowly move your hands down the left side of your abdomen.
 - And then across from left hip to right.
- **Repeat** the process, slowly moving inward, making smaller and smaller circles until you reach your belly button.
- **Follow this** with a few gentle compressions on your intestines.



SPECIAL NOTES:

- You should be able to massage your belly quite deeply without experiencing tenderness.
- If you feel tenderness* during the massage, lighten your touch.
- Continue regular gentle massage with DigestZen, making sure to keep your pressure light.
- Gently increase pressure as you note tenderness going away.

** NOTE: If you experience tenderness when you press on your intestines, this is a sign of inflammation. Inflammation will decrease with regular massage + DigestZen. If this doesn't occur, or you have pain (not just tenderness), please consult your health care provider.*

doTERRA's fractionated coconut oil (FCO) has the fat removed from the oil so that it allows the essential oil to penetrate into the tissues. Regular coconut oil has fat, which can be a barrier to the effectiveness of the essential oil.

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