A Guide to Breast Massage Techniques that Produces Result

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Massaging the breast is not a recent practice, it is an “easy to use” technique which has been studied for centuries and admired for its numerous benefits of generally improving breast health.

When proper technique is applied, breast massage has the ability to increase breast size among many other numerous benefits it has to offer.

Well, maybe you are like me and have been wondering how exactly will breast massage work to increase my breast size?

This is how it works... When proper techniques are used and the right procedure is followed, breast massage improves the breast health and the general health of the body by producing both emotional and physical benefits through two (2) responses

- **Relaxation response:** This is the involuntary movement of the nervous system to the massage techniques and touch.
  It helps to lower the production of stress hormone, reduce blood pressure, and increase serotonin (chemical that positively affects emotions and thought). All these work together to reduce the risks associated with stress such as anxiety, insomnia, sexual dysfunction, hormonal imbalance etc.

- **Mechanical response:** This is the physical effect that happens in the body when pressure is applied to the soft tissues of the breast.
It causes increased blood and lymphatic movement in and around the breast. When this improved circulation occurs, oxygen and nutrients are properly delivered to the muscle cells.

As cellular health improves, tissues function more efficiently, giving strength to the suspensory ligaments and muscles which will in turn lead to increase both in fullness and buoyancy of the breast.

And in this eBook, I’m going to show you the breast massage techniques that will produce the result as stated above.

Are you ready?
Let’s do this

But first, a quick tip on 3 PROCEDURES to follow...

**Find time for massage:** Create a special time possibly on daily basis for the breast massage therapy. (My recommendation is immediately after bathing for about 10 to 15 minutes)

**Get naked! Or stay naked if you are already stripped off, Remove tight fittings (jewelries that could get in the way):** Not only that this is important for the breast
massage, but it is also a great opportunity for you to look
at yourself with loving eyes. You may even decide to stay in
front of the mirror to increase the potency of your sexual
self love and acceptance. We all have one body, love the one
you are in

**Position yourself:** You may stand, sit or even lie down
depending on whatever you think will make you relaxed.
*Just make sure you are comfortable enough and your
posture is upright (not slouched)*

Now you are ready to start the breast massage.

Apply natural breast massage cream on your palms and
rub it together to produce heat and uniform distribution.
*(You may only rub your palms together to generate
heat if you don’t have a breast massage cream or oil).*

*The reason I often recommend the use of genuine
natural breast massage cream is because the
breast will absorb the nutrients from the natural
cream (through dermal absorption) and then make
it readily available to the muscle cells and tissues
for firmer breast and breast enhancement.*

Actually, you can get a genuine breast massage cream with
proven success at [http://track.markethealth.com/SHAMP](http://track.markethealth.com/SHAMP)
Here are some cutting edge techniques of breast massage that produces result.

#1 The Female Deer Breast Massage Technique.

Place the warm hands over the breast; lightly rub in upward and outward circles. The two hands travel together up the inside of the breast (around the cleavage) towards the face, then outwards, downwards, inwards and upwards again.

Lightly chafe the skin with circular motions with the nipples at the centre of the circle. Do not hold the breast and move them—skim the surface of the skin.
For the right breast;

Hold down the right breast with the left hand by placing your nipple in between the index finger and the middle finger.

With two fingers of the right hand, massage the breast from the nipple ➔ out and continue in a clockwise motion until you’ve gone round the breast
For the left breast;

Hold down the left breast with the right hand by placing your nipple in between the index finger and the middle finger.

With two fingers of the left hand, massage the breast from the nipple ➔ out and continue in a clockwise motion until you’ve gone round the breast

#3 Swirling motion Technique

For this technique, the right hand fingers is placed on the right breast, and the left hand fingers on the left breast, Then you proceed in a swirling motion circling around the whole breast
#4 Rolling the Breast Technique

With your warm hands containing a uniform layer of massage cream, Cup the right breast with the right hand up and the left hand at the bottom.

Roll breast back and forward as if you are rolling a ball.

Repeat the same procedure for the left breast.
#5 The Pumping Technique

For the right breast, span your fingers over the breast. Right hand first followed by the left hand (as shown above). Then move upwards in a pumping motion.

Repeat the same procedure for the left breast.

**So Let’s Wrap This Up**

The “big idea” I want you to walk away with from reading this guide is that the tendency of your breast size to increase naturally with massage hinges on this major thing:
Your ability to follow the right procedures and use the proper massage techniques

And this guide should help you get better at executing this.

Here’s what to do next:

1. Send me a message to my personal email address ife@naturalhealthbag.com to let me know what you think of this guide.

2. Actually USE the strategies and techniques from the guide. Without action, these strategies aren’t going to increase your breast size.

3. Pat yourself on the back. You just read a 10-page ebook

P.S

For best results, dedicate a maximum of 15 minutes (3 minutes for each technique) on daily basis for the breast massage.

Also, combining breast massage with eating healthy and breast exercise such as pushups, lateral raise, dumbbell chest press etc. will produce a faster result.