

# Breast Enhancement Massage



When you're sore and achy, a back massage feels great. When you've exercised hard or stood on your feet all day, a foot massage helps take the strain of the day away. But a breast enhancement massage? Do they work? [Breast enhancement massage tones and shapes the bust line](#), it also promotes tissue growth around the breasts. A simple massage can do all that? That and more. Massages keep you aware of the health of your breasts. Regularly massaging them will alert you to changes, such as fibrous lumps. Breast enhancement massages are a free, easy, safe, and healthy way to enhance your chest.

How does breast enhancement massage work? Everyday that we go out into the world, our bodies are exposed to millions of germs, bacteria, chemicals, and pollutants. The skin - including the skin on breasts - absorbs these pollutants. Breasts are covered up and restrained by bras all day and so they have no way to expel the toxins. It is believed that massage helps the breasts get rid of these harmful substances by flushing out the lymphatic system. Something this simple can bring big health benefits.

It also can benefit your appearance. Other cultures have long embraced alternative medicines and remedies. Breast enhancement massage has been used by women in Asia for years for lymphatic drainage and postoperative therapy for women who have had lumpectomies and mastectomies. These women have also reported new breast tissue growth, enhanced size and shape, and better overall appearance of the breast. Another benefit of all kinds of massage is that it brings relaxation and a feeling of contentment to you.

Breast enhancement massages are great alone or when used with a breast enhancement cream or lotion. Using a lotion which contains breast-enhancing herbs will not only promote new tissue growth, it will help make the massage more pleasurable.

To give yourself a breast enhancement massage, lie down and make yourself comfortable. As with a breast self exam, put one arm above your head as you massage. Apply

light to moderate pressure while you knead the breast tissue. Start at the bottom and move up counterclockwise for best lymphatic drainage. Slowly massage up and toward the underarm. Don't apply so much pressure that it is painful or uncomfortable. Take about five minutes for each breast for a thorough massage. This should be done everyday as part of your breast care ritual and can even be done several times a day. Make some time for it each day and enjoy the benefits. You can even have your partner give you a hand with the massage.

For people who don't want to have surgery, take pills, or add one more exercise to their programs, [breast enhancement massages are ideal](#). They are completely safe, natural, and healthy. Not only is it relaxing, massage can also provide multiple benefits for your breasts' appearance and health. Breast enhancement massage is one of the most important things you can do to improve your breasts' shape and size and should be a key part in any enhancement regimen.

*Article Source: [http://EzineArticles.com/expert/Sally\\_Miller/164605](http://EzineArticles.com/expert/Sally_Miller/164605)*

# Tips on Natural Breast Enhancement Massage



For a woman to achieve permanent and pleasing results in breast enhancement there is need to learn a few techniques that are going to be required to maintain the results. Usually the options available can be brought down to three basic ones namely plastic surgery, breast pills and natural breast enhancement massage. For the woman who wants to the natural way, the only option she seems to have is learning how to massage her breasts. The procedure is simple and can be learned by anyone.

That it is done by the woman herself also makes it the cheapest and so far [the safest breast enhancement procedure ever](#). All that one may need to spend some little money on is a few creams and lotions that are available in retail stores or can be bought online. They are basically used to simply accelerate the massaging process. The procedure is so simple that any able bodied woman can just learn quickly and the rest as they say, is waiting to see results.

*The steps to follow are simple and straightforward:*

Start at the nipples and push gently downwards with your first three fingers. Avoid applying any undue pressure and proceed with graceful and calculated movements for better results.

Then massage your breast so tenderly with your hands just like you do when you are kneading dough. Hold the breast with two hands to make some sort of a cup. Do not use too much pressure but just what is comfortable and stop when it begins to hurt.

After kneading the breast for a short while, then it is time to move to the other breast to repeat the same gentle process.

Then holding the breast in a similar manner as the step before work on it tenderly with a spiraling movement, take care to rotate the breast hands slowly clockwise and then counterclockwise with just a limited amount of pressure. This is repeated for the next breast as well.

Finally, release the breast from your palm ever so softly and then rub the breasts with your palms as long as you do not cover the areola. Just make sure you do not get to the nipples lest you disfigure their shape.

When this exercise is done consistently, repeating it about ten times for each individual breast, then you will be impressed by the results you are going to see. The good news about breast enhancement massages is that they are simply what they are; no side effect and they [improve the overall look, firmness and cup size of your breasts](#) without so much ado. The other advantage is that the massaging also has preventative diagnostic cure for other challenges like breast cancer. Any growths are discovered early enough to make treatment possible.

*Article Source: [http://EzineArticles.com/expert/Ryan\\_English/78999](http://EzineArticles.com/expert/Ryan_English/78999)*

# Breast Enhancement Through Massaging

Breast enhancement is one of the things that all women desire, they prefer perfectly sized breasts in order to attract the best possible mate that they possibly can, possessing a good shaped and sized breast is considered as the perfect way to satisfy a man whom she loves. This article throws light on how to attain a great breast without money being spent or without any consultation.



[Breast enhancement through massaging](#) is one of the most unexplored areas of breast enhancement. There are many if not more benefits available from such practices. The biggest possible advantage of this is that the cost involved and pains to be endured is very less when compared to other methods of breast enhancement. So this is just a probe into the beneficial unknown.

Massaging as everybody knows has its roots long down along with yoga and other age old practices, certain means have been lost to time and are being continually discovered by doctors. Massaging your breast is very important because breasts are very complex and have an array of nerves, veins arteries and milk glands, milk ducts and fat glands. All these organs play a very vital role in a woman's life, but these are stressed day to day because of wearing tight undergarments, improper ventilation of breasts and many such factors, this causes irreparable damage, when such sensitive regions are well taken care of, then it means a greater possibility for proper growth, beyond regulating growth, proper massage can also simulate growth in those people for whom natural process of growth has been affected.

## **Self massage**

The best means of maintaining or growing beautiful breast is by using the self massage. The rules and steps to follow are very simple and the routine is very effective. The steps to follow are- use the three middle fingers to push down from the nipple, one must make sure that

minimal pressure is applied during this step. If too much pressure is put on then it may clog the lymphatic vessel and cause problems. After this, one must carefully knead one's breast by lifting and pressing, this ensures proper blood supply to all parts of the breast. The next thing in the process is to twist the breast slightly in clockwise direction first and then in anticlockwise direction next. Do not apply too much pressure as it may cause grave dangers, it is just a matter of applying the right amount of pressure in the correct areas. Next put your palms on the breast and move the hand in such a way that the fingers brush against the sides of the breast. This is the basic routine and it is advised to follow this routine twice in a week.

These are the advantages and steps to follow while trying for Breast enhancement through massaging, this is [one of the most unique ways of breast enhancement](#) as it requires minimal effort and pains to be undergone, but promises a very good means of developing muscles but as well as recovering damaged tissues as well. Thus this option must not be turned down by a potential person looking out for breast enhancement.

*Article Source: [http://EzineArticles.com/expert/Ryan\\_English/78999](http://EzineArticles.com/expert/Ryan_English/78999)*

# The Truth Behind Breast Enlargement Massage

A lot of individuals are not fully convinced about the efficiency of breast enlargement massage in increasing the size of your boobs. But without any doubt, this certainly is an effective way in augmenting your breast size. The increase in size will not be that big compared with other breast enhancement methods but certain changes in your breast size will surely be noticeable.



Certain questions may be crossing your mind now. What is the principle behind the breast enlargement massage? How can it possibly [increase the size of your breast](#)? How long will it take before you can notice the changes? Has it really been proven effective? To answer all your questions, read through the paragraphs below.

The natural method basically takes time compared with other methods. Therefore, on the part of the person trying this method, patience will be vital so frustration doesn't get in to the picture. You should take note that the main reason behind this technique is to stimulate the breasts and its tissues. Aside from increasing the breast size, it also well enhances the health of your breast through the use of regular massage.

Breast enlargement massage is done through rubbing your bosom. This will increase the blood flow to the area. An increase in blood flow will be helpful in bringing more nutrients to your breasts. Plus, a good circulation can well enhance the texture of it. This certain massage is as well helpful in toning up your breasts. Toned breasts will enhance the breast shape and prevent the breasts from sagging. Consequently, your breast will appear bigger, firmer as well as fuller.

Massaging your breast should only last for two minutes; that's the maximum duration. You shouldn't do it for more than two minutes because it can strain your breast which isn't healthy. However, you can repeat this method several times everyday. In massaging your

breast, you must start from the nipples going outwards in a circular motion. Remember not to apply too much pressure while rubbing down your breast.

This kind of massage can as well protect your breasts from developing cancer cells. This is possible since improve in blood flow can improve the circulation of lymph fluids that protects your breasts from any diseases. This lymph fluid drains the cells from any forms of toxins. This is the reason behind why [ob-gynecologists](#) recommend enlargement massage. It doesn't just enhances your breasts, but is improves your well being as well.

*Article Source: [http://EzineArticles.com/expert/Daniel\\_Da\\_Silva/148699](http://EzineArticles.com/expert/Daniel_Da_Silva/148699)*



# Natural Breast Enhancement:

## Your Guide to Non-Surgical Bust Lift



Natural breast enhancement is one of the most sought after ordeals in the contemporary world. Others may think it's vain but for some, it is the best way of boosting their self-confidence through improving their figure and overall looks. Good thing there are now innumerable ways and techniques to enhance your breast minus the surgical procedures.

Is it really possible to have natural breast enhancement and see tangible results? Before you explore the various methods how to [naturally improve your breast size](#), take note that the natural techniques take time, dedication and efforts. Nevertheless, the results are sure and provide other benefits such as safety and no side effects. So how could you ensure that your breast enhancement project yields visible outcome to your advantage?

### **Chest Exercises**

Take note that the breasts do not have muscles however the use of chest exercises for natural breast enhancement could help you get rid of droopy and saggy busts. Most breast improvement exercise routines are geared towards making the busts look higher and firmer. Press-ups are good examples of chest exercise which helps in strengthening the muscles located under your breast. The benefit of doing press-ups is that you need not shell out cash for

some expensive and elaborate machines. You could do it either up against the wall or on the floor. Other breast exercise routines include push-ups and chest fly along with basic breast stretches.

Dumbbells are also good alternatives for natural breast enhancement through exercise routines. Use this equipment as you lift your arms in order to come up with a stronger and firmer chest muscle.

### **Massage and Creams**

This type of alternative is best done with breast enhancement creams and ointments to guarantee more tangible and surefire effects. [Rubbing and massaging the breast stimulates blood circulation](#). This in turn promotes cell growth which also results to increasing the size of the bust. Make sure you massage your breast on a regular basis in order to improve its size and shape. Massage oils are likewise good natural breast enhancement alternatives that work hand in hand with massage.

### **Natural Herbs and Supplements**

Natural and safe breast enhancement is likewise guaranteed using natural herbal supplements and substances. The improvement in breast size of women who get pregnant is due to the higher level of estrogen, prolactin and progesterone which the body produced. There are natural herbs which stimulate the same increase in bust size through increasing the levels of these important hormones. Fennel and fenugreek are just two of the most recommended and effective estrogenic herbs which help in natural breast enhancement. These herbs are usually utilized as herbs or spices specifically in curry ingredients nevertheless there are supplements and vitamins that have these herbal formula.

Through natural breast enhancement, you are 100% sure that you have that amazing figure and look you have dreamed of for such a long time. Plus, you need not deal with painful surgeries with costliest price tags. All you have to do is capitalize on time, determination and patience.

Now that you are armed with this information you will be able to make a better decision about the best products for you.

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**For more information on breast enlargement, check out these pages below:**

[Breast Enlargement Exercise](#)

[Breast Enlargement Pills](#)

[Breast Enlargement Through Hypnosis](#)

[Breast Enlargement Through Cream](#)

[General Information on Breast Enlargement](#)