



mystri
MUMMA

MASSAGE TECHNIQUES

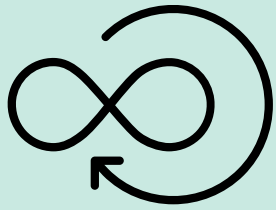
BUTTERFLY

Mum's to sit back facing birth partner. Birth partner to start at the spine; make a 'V' shape by going up the back and out to the sides. Continue to do this up the back to the neck. Make an S as you come back down.



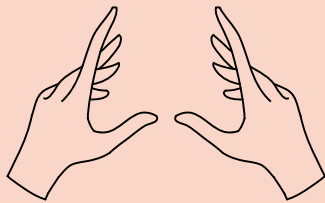
LIGHT TOUCH

Repeatedly draw the figure of 8 or the eternity symbol across the entire back. Ensure there is no pressure and you are using your fingertips only. This should be done at a slow pace.



ETERNITY

Place both thumbs at the bottom of the spine and fan out your fingers across the sides. Slowly move up and repeat the pattern until you reach the nape the start again from the bottom of the spine.



COCCYX

Place one hand on the other and add light pressure from the bottom of your palm to the coccyx/ tail bone. Easier done when on all fours.

