

# Massage for Breast Enhancement and Enlargement

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Massage is one of the oldest techniques for breast enhancement and enlargement. It is also the cheapest one and gives you more control over your body &ndash; in case one of your breasts is smaller than the other you can massage the smaller one to eliminate the difference. Also, the increase of blood circulation brings more nutrients to the massaged area, resulting in better skin tonus and better shaped breasts. When using breast enlarging creams and certain oils the effect is increased and fuller bust is more likely. There are several known techniques of breast massage. Choose the one that suits you best or use the combination. But remember that all the movements have to be soft and gentle and that no way your breasts should hurt after the session. The results will not come faster if you apply more force. Also, while doing massage, always avoid nipple area. And remember, you have to do massage regularly, once or twice a day for a couple of months to see the results. Method 1 Apply breast enhancing cream or oil on your breasts. Warm up your breasts by gently sliding your hands around them in circular motion. Keep your fingers together. Moving in circles, start pinching breasts a little bit. Using your three longest fingers pressed together, start gently pushing on the skin underneath your breasts and also around them for a couple of minutes. Finish by sliding your hands in circles again, slowly and gently.

Method 2 This method is a little bit more complicated, because it is based on acupressure. It may take some time to find the right spots correctly. This massage is done using small balls, like table tennis balls, for example. Count 13 cm up from your solar plexus. Move 2 cm to the sides from this point. Massage the 2 points with the balls for 30 seconds, by pressing the balls to the points and rolling them on one place. Stop for 30 seconds. Repeat step 1, massaging the points for 1 minute this time. Take one ball in to your hand, press it between your palms and roll it. Next, massage the point between your thumb and index finger in the same way as you did before, on both hands. Finally, put the balls on the floor and roll them with your feet. Method 3 Just a quick tip - you will have faster and better results if you use a good breast enlarging cream with these massage techniques. One of the best recommended ones is called Perfect Woman. It's a natural product tested by many women with great success. So if you really want to increase your chances of growing read all about this cream here .