

Solar Plexus Self-massage

for digestive support using Cardamom essential oil

Next time you are suffering from digestive issues, try this Solar Plexus self-massage:

1. Sit up straight (if you are in a chair, feet firmly on the floor and spine against the back of chair)
2. Place a drop of **Cardamom** in the palm of your right hand
3. Dip the fingertips of your left hand into the Cardamom
4. Place your left fingertips just below your breastbone—this is your Solar Plexus—the point where an entire network of nerves meets
5. Hold the position while you breathe in and out 2 or 3 times to calm and relax your whole nervous system
6. Release and start again
7. Breathe slowly and calmly
8. With light pressure from the fingers of your left hand, draw 10 small circles on your solar plexus in a clockwise direction

Would you like another idea?

Try a Cardamom bath:

Add 1 or 2 drops to bath water or add to bath oil, carrier oil, or to 1/4 cup of Epsom salts—pour under a stream of warm bath water.

