

Fertility Enhancing Massage



What is the FEM Protocol?

Fertility Enhancing Massage, or 'The FEM Protocol,' is a four-part series utilizing massage and related techniques to enhance the health and functioning of the pelvic and abdominal organs, promote fertility and overall mental, emotional, and physical well-being. The four parts of the protocol focus on cleansing the body, enhancing the blood, opening the breath, and relaxing and integrating, respectively.

Session 1: Cleanse the Body:

Toxic buildup can create inflammation in the body, robbing it of its natural ability to balance hormones, build immunity, and create energy. In your Cleanse the Body session, your body's detoxification response will be triggered using a protocol known as Raindrop Technique, in which a series of therapeutic-grade essential oils are applied to the feet and spine. This technique will be combined with a light-touch approach to stretching and opening the lymphatic pathways. Additionally, hormone balancing essential oils, massage, and reflexology will be employed.

Session 2: Enhance the Blood

Blood is the body's natural healing agent. Unfortunately, many stressors trigger tension in the body, threatening its ability to properly distribute the blood. During your Enhance the Blood session, a blend of Swedish as well as myofascial massage will stimulate and revitalize the pelvic organs. Circulation will also be enhanced through hip mobilizations and stretches, reflexology and acupressure. In addition, thermal therapy, essential oils, and the massage of specific arteries will redirect the blood toward the reproductive organs.

Session 3: Open the Breath

As we draw in oxygen more deeply and easily, we begin to receive nourishment and renewal. Your Open the Breath™ session will pick up where your Enhance the Blood™ session left off: breathing exercises work in tandem with massage, myofascial stretches, and trigger-point therapy, releasing deep layers of tension. This powerful synergy of internal movement and external massage works together to melt adhesions, clear stagnation, and bring more oxygen to the organs. Thermal therapy, healing oils, artery massage, stretches, and reflexology will also be used to open and unwind the belly.

Session 4: Relax and Integrate

Chronic stress depletes the body's energy and resources. During challenging times, the need to create relaxation, pleasure, and self-nurturing goes far beyond luxury; it is fundamental to good health. Your Relax and Integrate session has been stylized with long, slow, and fluid strokes, sending your body signals of wholeness, integration and pleasure. Therapeutic, Swedish massage will be performed to the full body, melting away unwanted tension while bringing peace and calming to the mind. Attention will also be given to releasing and stimulating the pelvic area through thermal therapy and massage. Reflexology, acupressure points and essential oils will assist in balancing the adrenal glands.

FEM Session: \$105

Package of any 4 FEM Protocol Sessions: \$380

Please call 402.934.1617 TO SCHEDULE AN APPOINTMENT

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