

Scar massage for healing & core connection.

A Simple Guide to Soften,
Strengthen & Support Your Scar



When can you start scar massage?

Tight, stuck scar tissue doesn't just affect how your belly looks.
It can also:



Your scar must be at least 6 weeks old



It should be fully healed with no open wounds or scabs



No signs of infection (redness, heat, swelling, pain, or discharge)

If unsure, check with your healthcare professional before starting

Preparing the area before scar massage

Place your fingers at the top of your pelvic bone and sweep inwards towards your belly button.

Place your fingers at the middle of the left or right pelvic bone and sweep upwards/inwards towards your belly button.

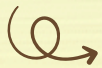
Place your fingers at the bottom of the pelvic bone and sweep upwards toward your belly button.

Repeat the same technique on the opposite side.



Scar Massage Techniques: Getting Started

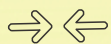
Now that the area is prepped, here are three simple techniques to help improve mobility, circulation, and sensation in your scar.



Upward Circles → Move gently upwards along the scar.



Downward Circles → Move gently downwards along the scar.



Smudging → Rub forward & backward along the scar's length.

Keep pressure light—massage should never feel painful

Key Tips for Safe & Effective Scar Massage



Start slow . Your scar needs time to adjust to touch.



Use light pressure. Deep massage isn't needed to see results.



Be consistent. 10 minutes, 3x a week, makes a difference.



Listen to your body . If it feels too sensitive, take breaks.

Consistency is key! Over time, massage can improve sensation, flexibility & comfort.

Your Scar Deserves Care – Keep Going!

Scar massage is a powerful tool to improve sensation, movement, and confidence in your body.

Progress takes time. Be kind to yourself and stay consistent!

Go at your own pace—there's no rush!

Regular massage = better circulation & flexibility.

If you'd like more gentle support, guidance, or resources:

Website: sunshineholistictherapy.com
Email: sunshinehealingfabfeeling@gmail.com
Social Media: [@sunshineholistictherapy](https://www.instagram.com/sunshineholistictherapy)

✨ You're never broken. You're never alone.