**FERTILITY MASSAGE CASE STUDY**

**CLIENT NUMBER 2 : HELEN**

**1st Treatment – 7 April 2014**

Helen has already had a couple of treatments with me, an Indian Head Massage and a back massage. During her first consultation she had mentioned PMT problems so I asked if she wanted to be a case study. She agreed to have 4 treatments.

We arranged for the 1st treatment to be before her next period. She is due on 14 April.

She started a new job in Stratford Upon Avon working for a hospice as a Youth Coordinator. She enjoys her job but it is quite busy and stressful at times.

She has 2 children aged 19 and 16 who still live at home.

**Physical/emotional findings**

Helen is quite slim. The PMT symptoms she regularly gets are: heightened stress levels, itching all over her body (her skin is quite dry), mood swings, morbid thoughts and negative approach.

She has a good opinion of herself and is quite happy with her womb as she gave her two good sons. She still misses her mother who died 5 years ago. What she misses is having her to talk to and get support from.

**The treatment**

I talked Helen through the treatment that she was about to have. We went through the fertility massage consultation form

The temperature and palpation check did not reveal very much as she had a good even temperature. There was a little tightness on the right side of her navel

I followed with the back treatment. I did not work on the coccyx area on the 1st treatment. Her GB30 points were not painful (only rated a 2). She was definitely looser on the second set of pulsing moves.

She carries a lot of emotion in her solar plexus area and she found the moves around that area quite painful so I eased off a little. She was quite talkative whilst lying on her back.

I had not received the rebozos I had ordered and used a couple of scarves instead. I did some energy work with my hands on her head and over her hands that were lying on her abdomen. I suggested she visualised the energy as light or water going down her body from her crown and cleansing her and normalising her hormone levels. She responded well to this.

At the end of the treatment and after she had got dressed, I gave her a leaflet with advice of supplements that could help with PMT as well as the deficiencies could cause some of the symptoms she is experiencing. I also gave her some information on castor oil packs and recommended she tried them. She was not sure she would have time.

I was very happy with the way the first treatment had gone and the amount of information I had been able to provide to the client.

**After care advice**

To get some of the supplements recommended on the advice sheet provided.

To get another treatment before her next period.

To identify any changes during her next menstruation for discussion during her next treatment.

Consider using castor oil packs

Find ways to relax

**Feedback from client**

Helen had enjoyed the experience. She had particularly enjoyed the last part of the treatment with her head in the scarf and her feet tied together. She had felt cocooned. She was going home to dinner her husband was cooking and would go to bed nice and early with her book to relax.

**2nd treatment – 28 April 2014**

Having only had one treatment before her period, Helen did not get any improvement with her PMT. She even had light cramps at the beginning of her period which is most unusual for her. She has not introduced any of the supplements I recommended as she was already taking some magnesium.

She had managed to have a few days holidays just before Easter so was not quite so tired and stressed.

She is at the ovulation stage of her cycle.

The temperature of her abdomen is good and even. I could not feel any tension or tightness. I then worked on her back and as she had very dry and itchy skin, I used an aromatherapy oil containing Lavender, Bergamot, Chamomile Roman and Chamomile German.

She has no pain on either side of her buttocks. I then worked on her abdomen. She is not keen on the moves around the ribs. The work on her solar plexus was not painful today. I think this is due to the fact that she was more relaxed and knew what the treatment entailed. I completed the treatment with some energy work with the rebozos around her head and feet.

She once again really enjoyed the end part of the treatment.

We agreed she would have another treatment before her period which is due on 13 May

I was well able to perform the treatment whilst talking to Helen which means I am more confident in the process.

**3rd treatment – 4 May 2014**

Helen is still busy at work but is enjoying it and seems to have settled very well in her role.

There had not been that much time between her 2nd and 3rd treatments. Helen had had a good week and so far no symptoms linked to her PMS. She is due on 13 May.

Her abdomen had a good temperature but she had a cold spot just below her navel on the left hand side. I could not feel any tightness anywhere. I worked on her back. She was more aware of tension on her left buttock than her right but it was not that painful (rated 4). She was much looser on the 2nd lot of pulsing which showed her back had relaxed. I then worked on her abdomen. She was chatty throughout the treatment and very relaxed. I used the oil I had purchased for her for problem skin as she had not reacted negatively to it after her 2nd treatment.

She is definitely not as tense as before and it is easy to work on her solar plexus area. I did not do the moves lifting her ribs as she does not like it.

She was very relaxed by the end of the treatment. I gave her some water and gave her some tips to overcome anxiety and tension should she need them the week before her period. (pressing her thumb in the middle of her hand which is the equivalent of the solar plexus, and visualising pouring a bucket of light blue water over her head and being covered with it if she feels angry – a tip used in pranic healing)

The treatment went well and Helen agreed to have a 4th treatment towards the end of May.

**4th treatment – 25 May 2014**

Helen’s week before her period had been different this time. She did get the feeling of doom come over her on the Monday evening but that evening she also learned about the death of a neighbour’s son who had been ill for a while so that did not help her frame of mind. She did not get manic and hyper as she normally does. Her period was very short with no pain and no issues.

She is still having problems with her skin and her GP has agreed to send her to a skin specialist to see what is causing this. I used the same oil for problem skin as before.

The treatment went well. She had been gardening all morning so her back was tight. She felt more tension in her left buttock than the right but only rated it a 4.

Her solar plexus area was not painful to work on and as on previous occasions, she really enjoyed the work with the rebozos and energy. When the treatment was over, she said she felt really relaxed and could easily have stayed lying on the couch for a few more hours.

Once again I was able to perform the treatment whilst talking to Helen

Overall conclusion

Helen has decided not to have another treatment for the time being. She had enjoyed the experience and got a lot more out of it than she first thought. She responded to the treatment better than she thought and hopes the improvement will continue in the coming months.

I enjoyed working on Helen and am grateful she agreed to have 4 treatments with me. She has a bubbly personality and easy to communicate to.

I feel so much confident with the treatment and it is becoming more intuitive. I am also delighted that Helen had some positive improvement and hope she will experience this again next month.

25.5.14