



Transformational processes towards health and vitality

At Alchemy of Self, we believe that there is more than one way to heal. Whether it's through Stronger Steps Osteopathy, Mama Medicina abdominal massage or Connected Alchemy Workshops you can find what you are looking for.

Christine has over 20 year's experience in massage and osteopathy & carries this experience through in a deeply caring and knowledgeable way with each treatment she provides.

Stronger Steps -- The Alchemy of Self
www.strongersteps.com.au
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A deeply nourishing way to come home to yourself and your body

Mama Medicina Abdominal Massage uses a combination of massage, Arvigo Techniques of Maya Abdominal Therapy, Uro-genital fascial work, scar tissue and adhesion release along with many learnings from the 'old wise ways' of traditional folk medicine.



MAMA MEDICINA ABDOMINAL MASSAGE
ALCHEMY OF SELF

WWW.STRONGERSTEPS.COM.AU

What is Mama Medicina?

Mama Medicina Abdominal Massage is a deeply nourishing and relaxing treatment. Created by Andrea Lopez from her extensive experience of over 20 years treating both men and women in their fertility, pelvic and abdominal issues.



Abdominal massage can help decrease congestion and adhesions in the abdominal area and help to increase blood and lymph, creating an optimal condition for the stomach, bowel and reproductive organs. Add a little bit of body text



Who can benefit from mama medicina?

- Women
- Men
- Pregnancy (from 20 weeks)
- Postpartum (3 - 12 weeks post birth depending on delivery)
- Digestive and Bowel Care

Treatments range from 1.5 to 2 hours for a full body massage.

Although the primary focus and time of your massage will be spent on the abdomen, pelvis and sacrum, a full body massage treatment flushes the lymph and blood through the entire body to gently relieve and decongest and allow a deeper relaxation to occur.

Techniques are slow, gentle and rhythmic.

A mama medicina treatment is more than massage, we are deeply committed to teach you about your body and how to be knowledgeable in areas of your own health. This may include how to perform the self-care massage or information around womb steaming at home.

Struggling with chronic health conditions? Mama Medicina can support symptoms of:

Endometriosis/itis; Fibroids; Polyps;
Recurrent vaginal infections; Frequent
urination; Bladder infections; Incontinence;
Chronic miscarriages; Difficulty conceiving;
Painful intercourse; Chronic constipation;
Difficult menopause; perimenopause;
Varicose veins

There are many ways mama medicina can help, visit our website to find out more information.

www.strongersteps.com.au

