



Here in Singapore, we're pretty familiar with Jamu massage, which is a traditional Javanese massage that caters specifically to postnatal women. But have you ever heard of Arvigo massage? In this article, we break down exactly what this lesser-known massage is about, and discuss how it might boost your fertility.

### **What are the origins of Arvigo massage?**

Arvigo massage is also known as Maya abdominal massage or Arvigo Maya massage, and it's developed by Doctor Rosita Arvigo, a healer, herbalist, and doctor of naprapathy.



[\(Credits\)](#)

The story goes that Doctor Arvigo (pictured above) first got acquainted with the abdominal massage during her 10-year apprenticeship with Don Elijo Panti, who lays claim to being the last Mayan master healer in Belize. After coming away from her apprenticeship with Don Elijo Panti, Doctor Arvigo further developed the techniques of the Arvigo massage, and popularized it in the modern world.

## **What is Arvigo massage all about?**

Arvigo massage is billed as a non-invasive massage technique that “guides internal abdominal organs into their proper position” for optimum health and well being.

These techniques are said to be able to relieve congestion and blockages, and improve the flow of chi and fluids of the circulatory, lymphatic and nervous systems. Arvigo massage also releases “physical and emotional congestion” from the abdomen, resulting in enhanced organ function.

## **What has Arvigo massage got to do with fertility?**

Plenty, and for both men and women!

A woman’s uterus is held in position by several ligaments, and when these ligaments are stressed or strained, this causes her uterus to become mal-positioned. That’s where Arvigo massage comes in -- it helps to lift and guide a woman’s uterus into its optimal position in the lower pelvis. This is said to result in improved homeostasis, which in turn supports fertility.

What about the men? For them, Arvigo massage is said to relieve congestion in the prostate. This, again, supports fertility and overall well-being.

## **What’s the difference between Arvigo massage and self-care massage?**

Those who read up on Arvigo massage techniques will see these two terms -- “Arvigo massage” and “self-care massage” being tossed around a lot. Do note that these are *not* quite the same thing.

Generally speaking, women and men go to specialized practitioners who perform Arvigo massages on them. These practitioners are trained professionals who have completed training at The Arvigo Institute. After their sessions, these individuals are also instructed to perform “self-care massages” on themselves, typically for two to three minutes per day.

Unfortunately, Arvigo massage hasn’t caught on in Singapore yet, and there aren’t any wellness centres or spas in Singapore that offer Arvigo massage as of now. That said, if you’d like to learn how to perform a self-care massage on yourself, there are plenty of [tutorials available online](#).