

organic labour massage oil



Janet Balaskas explains how massage with Active Birth Organic Massage Oil can help during labour

It's a natural human instinct to comfort during labour with massage and many women find this essential. A massage given by your birth partner or midwife can be a wonderful way to help relax and soothe you during labour. Labour massage is usually given during contractions and can be performed in virtually any upright or supported position. For some women this is the most important source of support as contractions build and labour progresses. It's best to use very basic and gentle massage strokes and to use an oil which is easy to apply, to prevent chafing.

*More about massage during labour can be found in the book *Natural Pregnancy* (£8.99) by Janet Balaskas which can be ordered from www.activebirthcentre.com*

Here are some labour massage ideas for your partner

Practise this in the days approaching your birth to help prepare you for labour. Make sure that you are both comfortable and use Organic Labour Massage Oil directly on the skin.

Massage during labour is best applied to the back of the body. **The most effective area to massage** is usually the lower back, where pleasurable sensations from the massage help to modify competing sensations from the uterus through the same nerve pathway to the brain. The pressure may be light or firmer according to preference. In labour apply the massage during contractions and rest in between.

- * Simply resting a warm hand on the sacrum is comforting and can provide a welcome counter pressure at the base of the spine.
- * Try slow circular strokes around the lower back using one hand at a time or both hands simultaneously. The strokes can be broad covering the lower back and hips.
- * Use your thumbs to apply more focused pressure around the sacrum in the centre.
- * Try long slow strokes 'hand over hand' down to the base of the spine with your partner sitting or kneeling - or if she is standing - through the hips and down the legs to the feet.

6 natural, but powerful oils in Organic Labour Massage Oil combine to make massage much more effective during your labour.

The essential oils in this blend have been especially chosen for their renowned beneficial effects on labour progress. They have been expertly blended in just the right concentration to be safe for your use during labour.

Sweet Almond and **Apricot Kernel** are pure, mild base oils which act as an emollient to smooth and soften the skin and enhance massage.

Sunflower Seed Oil acts as an emollient to form a protective layer on your skin.

Lavender essential oil is known for its refreshing, invigorating and relaxing properties.

Sweet marjoram essential oil helps to soothe labour pain and improves circulation by dilating the blood vessels.

Known as 'natural gas and air', **Clary sage** is widely regarded for lifting the spirits in labour, enhancing the effectiveness of contractions and for its beneficial effect

on labour progress.

Geranium is a fresh, floral and sweet smelling oil that is relaxing, enhances the flow of hormones and balances the emotions.

Here is what people have to say about using organic labour oil

'We used the oil for a week or two before the birth and then finished the bottle during labour - I found it very relaxing'

'It was reassuring to know that the blend was right for labour. I was really pleased I made it without medical pain relief.'

'I don't know how I would have coped without my partner massaging me.'

'I think that the smell of the oil relaxed everyone in the room and made a lovely atmosphere.'

'My midwife loved using the oil and commented how much easier it was to massage.'

'As the partner, it was useful to know how I could help with massage and to have the right oil for the job.'

Organic Labour Massage Oil

£12.95 - 30ml

3 ways to order

Online www.activebirthcentre.com - shopping

Phone 020 72816760 Ext 22 -

please have your credit card details ready

Fax 020 72638098

100% Money Back Guarantee

All Active Birth products are backed by our 100% no-quibble refund guarantee. If for any reason you wish to return any product, you may do so within 60 days of purchase for a full refund.



Active Birth Centre,
25 Bickerton Road,
London N19 5JT

Tel: 020 7281 6760

Fax: 020 7263 8098

Email: sales@activebirthcentre.com

www.activebirthcentre.com

A natural product which contains no artificial additives or chemical agents.
This oil may not be suitable if you have a nut allergy.