

# **unscented organic massage oil**



***Janet Balaskas explains how massaging your perineum with this especially blended organic oil can help you to avoid a tear and make your birth easier.***

I believe that it is worthwhile doing perineal massage in late pregnancy - not only to be more in touch with the part of your body where your baby will be born - but also for the following reasons:

- Midwives often tell me that they notice a difference in the stretchability of the tissues around the birth outlet in women who have massaged the perineum.
- In my own research I have read many accounts of traditional midwives performing perineal massage in late pregnancy.

- A reputable study has also shown that perineal massage carried out in late pregnancy can reduce the likelihood of tears and promote a natural birth.

The perineum involves the skin and muscles between your vagina and your anus. It naturally releases and expands to stretch over your baby's head during the final moments of birth. Using Active Birth Unscented Organic Massage Oil during the last 6 weeks of your pregnancy helps to increase the elasticity of these tissues and can help significantly to keep your perineum intact, reducing the likelihood of tearing.

You can easily massage this area yourself, using a mirror to view the perineum and the instructions which come with the oil or have your partner assist you.

## ***Unscented Organic Massage Oil***

can also be used :

- To gently massage the breasts and nipples to encourage an easier start to breastfeeding.
- For general massage purposes before, during and after birth if you prefer to use a plain oil with no essential oils.

***This rich blend of pure organic plant oils are what makes Active Birth Unscented Massage Oil ideal for perineal massage:***

***Sweet Almond*** (*Prunus dulcis* ) and ***Apricot Kernel*** (*Prunus armeniaca*) are pure, mild oils which act as emollients to smooth and soften the skin and reduce redness. They help hold moisture in the skin for hours and leave your skin **feeling soft** and non-greasy

***Sunflower Seed*** (*Helianthus annus*) acts as an emollient to form a protective layer on your skin to prevent loss of moisture. It contains a high concentration of Vitamin E which is a major anti-oxidant that aids in **bringing nourishment** to skin cells.

***Evening Primrose*** (*Oenothera biennis*) Gamma-Linolenic acid is a choice ingredient in cosmetic products due to the fact it **maintains the skin elasticity**. It is particularly recommended for dry and devitalized skin. Evening primrose oil presents moisturizing, nourishing and restructuring properties due to its high content of unsaturated fatty acids.

## **Here's what mothers say about using unscented pregnancy massage oil**

*'I want to say how useful it was to receive such specific information about perineal massage with your non-scented oil. Everything stretched as it was supposed to and my baby was born with no problems at all.'*

*'My midwife suggested that I get this oil to massage my perineum in late pregnancy. She said she's seen how helpful it had been before. I'm ever so glad that I took her advice. I gave birth to my daughter without a tear and was back home the same day. Thank you for a great product.'*

*'The massage increased my confidence that my perineum would stretch when it had to.'*

*'Perineal massage was a great idea. My partner and I gradually and gently increased the stretch each day until I could imagine exactly how it would feel when the baby came out. This really helped me at the time and I can't imagine being able to do it without this preparation - needless to say - no tear!'*

### **Unscented Organic Massage Oil**

**£9.95          30ml**

#### **3 ways to order**

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*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.*



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A natural product which contains no artificial additives or chemical agents.

This oil may not be suitable if you have a nut allergy.