

Organic Pregnancy Massage Oil

Janet Balaskas explains how there are 2 ways you can benefit from using Organic Pregnancy Massage Oil



You and your unborn baby need the magic of touch as much as you need a healthy diet! All over the world there are people to whom massage in pregnancy - whether it's given by a special masseur, a midwife, husband or mother - is of the utmost importance. The body is made supple for the day of birth, muscles are encouraged to relax (very useful in labour) and pregnant aches are eased. This oil contains an uplifting blend of essential oils to enhance the way you feel whether you are using the oil yourself or receiving a massage.

Massaging yourself

A daily self massage helps you to enjoy your body, stay relaxed and in tune with your baby and leaves you feeling invigorated. You can use this oil as a general body oil, especially over your belly and breasts to help your skin stay supple with lasting emollients that lock in moisture.

Like our Ultra Rich Anti -Stretchmark Cream, this oil will actively tone your skin, increase elasticity and help to prevent stretchmarks. It's a good idea to vary what you use on your skin and these two products are designed to complement each other.

Receiving a Massage

Giving and receiving a massage is a wonderful way of sharing energy. Your body is working hard. A relaxing body massage using this oil, especially before sleep, will really help to soothe tired joints and muscles. This will also have the added benefit of helping you and your partner to feel closer to each other and to your unborn baby - without the need for words. This will encourage intimacy, support your relationship and prepare you to communicate through touch during labour.

Massage relaxes your whole body. It's the most beneficial and pleasurable way to care for your skin and prepare for the birth of your baby. It also helps to release endorphines - the 'love hormones' that make you feel good and bring natural pain relief in labour.

*More about pregnancy massage can be found in the book **Natural Pregnancy** (£8.99) and the DVD **Natural Pregnancy** (£14.99) by Janet Balaskas. Both can be ordered from www.activebirthcentre.com.*

The direct benefits of massage in pregnancy

- Circulation and breathing improve sending more oxygen-rich blood to your baby via the placenta and removing waste through your lymphatic system.
- Anxiety is lowered as your nerves are soothed and your metabolic rate and blood pressure are lowered. Muscular tension is released. This relaxes you, releasing emotional tensions too - helping you to feel and sleep better.

- Pressure from the heavy weight load you are carrying is reduced, encouraging better posture. This helps to prevent tired, stiff back muscles and other everyday aches and pains.
- Massage helps you to be 'in touch' with your body and to prepare you for birth with increased release of endorphines.
- Massage helps enhance your body's natural potential for self-healing.
- The oils help your skin to stay supple and elastic and can also help to prevent or minimise stretch marks.
- Active Birth Organic Pregnancy Massage Oil has a heavenly fragrance that lifts your spirits, and leaves you feeling relaxed and invigorated.

These 6 pure organic plant oils are what makes Active Birth Organic Pregnancy Massage Oil so effective

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

Sunflower Seed (*Helianthus annuus*) forms 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 helps to bring nourishment to skin cells.

Neroli (*Citrus aurantium amara*) is one of the most expensive and effective essential oils. We chose it as the keynote ingredient because it helps to stimulate circulation and new cell growth and may also reduce scarring and prevent stretch marks.

Petitgrain (*Citrus aurantium*) is known for its skin soothing properties. It has a tangy, orange smell. Petitgrain is commonly used to help encourage restful nights, relax tired or stiff muscles, lift fatigue and low energy.

Sweet Orange (*Citrus sinensis*) is an excellent skin tonic thought to assist the formation of collagen which is vital for tissue repair.

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

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

Here's what pregnant mothers have to say about Active Birth Organic Pregnancy Massage Oil

'This massage oil is gorgeous. My skin feels amazing and the divine orange blossom smell really makes me feel pampered. I use it every single day.'

'It smells fantastic and makes my skin really smooth. What's more - my husband really likes to massage me with this oil.'

'This has got to be the best massage oil I've ever used. It's exceptionally rich, smells gorgeous and leaves my skin feeling divine'

'Massaging my belly with your oil is one of my biggest pleasures. Not only does my skin feel great, but somehow I seem to be more in touch with my baby. Thanks for introducing me to this.'

Organic Pregnancy Massage Oil
100 ml £17.95

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.



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