



MASSAGING with MOTHERLYLOVE

Products for Mums to Be & Beyond

PREPARING TO MASSAGE

To give a massage have short nails

No jewellery or watches.

Before you massage. Wash hands. Press the palms of your hands together firmly 3-6 times. Now shake your hand to release the tension.

Ask if she has any allergies, particularly nut.

If you choose a blended aromatherapy oil, check to see if it is suitable for pregnancy. Always choose an oil which uses a good carrier (vegetable) oil as they contain vitamins, minerals and are omega rich to nourish and hydrate the skin. The vegetable oils in Motherlylove blends are suitable for pregnancy, especially dry, sensitive itchy skins.

PREGNANCY & LABOUR MASSAGE

From 34weeks & Beyond

Using Motherlylove Pregnancy & Labour Massage Oil

Research suggests that massage is an effective way of decreasing pain and anxiety during labour and increasing the level of satisfaction for the mother. Clinical trials have shown how babies can benefit in their growth and development, when anxieties in pregnancy are reduced using aromatherapy massage. Interestingly, if mums-to-be are massaged by their partners they are both less likely to be depressed. Motherlylove Due Date Pregnancy & Labour Massage Oil has been specially created for pregnancy and labour and can be used on the back, hands and feet.

The room: Quiet and warm

Position: comfortable relaxed position sitting astride a chair and leaning on pillows or on a stool leaning on the bed. Position her in a way that will ensure the safety of your own back and knees.



Figure 1

1: Massage can follow different paths

Pour a little oil into your hands. Smooth gently two or three times upwards starting from the lower back with both hands to spread the oil over the back. Keep your hands in firm contact with the body – not too strong and never tickling. Be guided by the mother (see figure 1). A stroke of one per 5 seconds is recommended as most relaxing. Do not massage



Figure 2

over the spine. Repeat the same stroke with deeper pressure. Circle around each shoulder with one hand. With the thumbs make small circular movements all along the border of the shoulder blade. Gently squeeze the top of each shoulder between each palm, working from the neck to the shoulder joint. This will help the mother to relax her shoulders.

Encourage the mother to breathe slowly and regularly, which will help her and the baby. If she is very anxious ask her to take a deep breath and to purse her lips slowly breathing out, relaxing the shoulders at the same time. Using Motherlylove pulse point rose/grapefruit also helps with relaxation and revitalises her emotion. Remember to use more oil to stop any friction. Massage up and down her neck avoiding the spine. Return to the lower back and repeat the first strokes again.

Acupressure for labour. Figure 2:

Do NOT use these pressure points when pregnancy.

For lower back pain when baby's back is against mum's back and during second stage of labour, use the above massage technique and also acupressure. Place your index fingers or thumbs on the acupressure points (see figure 2) and press gradually. Work from the lower acupressure points up to the waist, maintaining the pressure at its peak for three to five seconds, then release gradually. This can revitalise the body and is good for tense muscles and nervous tension.

Figure 3: Lower back pressure during a contraction in the second stage of labour,



Second stage of labour (during a contraction only). The mother should be sitting or lying on her left side. Place the heel of your palm directly on the base of the mother's spine and firmly support the lower back with continuous pressure during a contraction (see figure 3). Placing your elbow against your own body to avoid over stretching your hand and wrist.

WHEN NOT TO MASSAGE: Vaginal bleeding when you are pregnant. Premature labour, General feelings of being unwell, Skin infection, Sensitivity to any oils that may be used. Caution with pre-existing medical conditions, e.g. diabetes, epilepsy, Preference of mother and if uncertain – stop! Ask your midwife. Please make sure you tell your midwife or doctor when you are using complementary therapies.

MASSAGING with MOTHERLYLOVE

PERINEUM MASSAGE

Using Motherlylove Down Below Perineum Massage Oil

The advantages of perineal massage

By getting to know your body you can have more confidence to deliver your baby.

Massage increases the blood flow to the perineum allowing more stretch and less pain during the birth of your baby. Helps you to focus on letting your perineum open up.

Practise your pelvic floor exercises and breathing exercises, as this will also help at the birth.

Tears to the perineum are less likely.

Your perineum is less likely to be painful three months after the birth.

WHEN TO START

The best results have been shown when you massage your perineum 3 times a week for 10 minutes, starting from 34–35 weeks of pregnancy up to the birth.

POSITION

The best time to massage your perineum is after a bath or shower when you are relaxed and the perineum is softer, as the blood vessels are dilated. Make yourself comfy on the bed, with lots of pillows supporting your back with knees bent out. Alternatively you can rest in the bath or sit on the toilet.

HOW

Use a small amount of Motherlylove Perineal Massage Oil (no added essential oils) to lubricate the area. Place your thumbs in the vagina, with the first two fingers of each hand outside on your bottom, then press downwards towards the anus with your thumbs. Move your thumbs up each side of your vagina, in a small U shape stretching movement. The stretch should be held, with your thumbs at the widest point of the vagina, for 30–40 seconds. To get the maximum benefit, massage for up to 10 minutes using this technique.

The Motherlylove Perineal Massage Oil is formulated to improve the natural elasticity of the skin. This feeling of stretching will be similar to the one when your baby's head is appearing. If at first it is sore – stop and try another day.

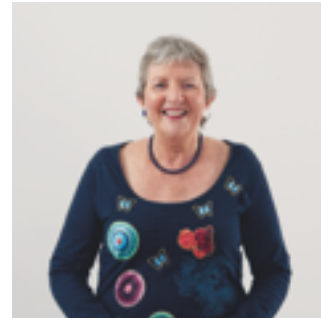
TIPS

- As you advance in pregnancy, your partner could be shown how to massage your perineum. Instead of using their thumbs they should use their index fingers. Good communication is important.
- Having a balanced diet helps healthy skin to stretch. At the birth of your baby the midwife will be able to advise you on different positions you can adopt in labour, which will enable you to have a controlled delivery.
- Listen to your midwife for advice when to push and when to stop pushing in the second stage of labour.
- If you are going to have a caesarean section delivery, you can use this gentle oil to massage your hands and arms.

When **NOT** to massage the perineum
Do not use perineal massage, if you have vaginal herpes, thrush or any other vaginal infections.

INFORMATION on massaging during Pregnancy

Please make sure you tell your midwife or doctor when you are using complementary therapies. Avoid the temptation of mixing a blend for yourself. Essential oils are always used at low concentrations in the Motherlylove range and chosen for their specific effectiveness. If you are breast feeding do not use on the breasts.



Jan spent 40 years working as a nurse and midwife, and has helped thousands of women and babies to make a great start in life.

Jan earned a degree at Greenwich University, where she obtained a BSc (Hons), Complementary Therapy (Aromatherapy), on top of her extensive nursing, midwifery, and anaesthetic qualifications.

Jan's academic paper 'Aromatherapy and Massage for Antenatal Anxiety: Its Effect on the Fetus' was published in the journal Complementary Therapies in Clinical Practice. It was the most read paper in the journal in 2007 and remains on the top-ten reads list in 2014.

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