



## 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.

#### STRETCH MARK OIL

##### Using Motherlylove Tums & Boobs Stretch Mark Oil

All mothers want to improve their own and their baby's general well-being and Motherlylove Tums and Boobs Oil has been specifically blended for both. When massaging your tummy, you can check on your baby's movements as your baby grows. It is helpful during pregnancy to get to know your baby's individual pattern of movements.

Here are a few tips to maintain your skin's elasticity and suppleness, so you can feel and look good:

1. Massaging your breasts, tummy and outside of your thighs, morning and evening from 14 weeks of pregnancy, can help the skin to have that extra give as your baby grows. Remember prevention early is better than treating later. By being more supple and elastic, your skin could also be less itchy. After the birth keep using the oil to maintain and improve your skin.
2. A balanced healthy diet is essential for the skin to maintain its healthy quality.
3. Drink enough water every day, because dry skin is prone to stretch more.
4. You are going to gain weight during your pregnancy, but if you can control your weight gain the chance of getting stretch marks is greatly reduced. The likelihood of getting stretch marks is increased if you are pregnant with more than one baby and there are other factors such as hereditary influences, your general health, excessive weight gain, occupation and others.
5. Regular exercise and relaxation techniques can increase the blood supply to the skin, which will help the suppleness of the skin. Exercise maintains the tone of the muscles, which will help to prevent the tummy from stretching. Exercises that are good for you include walking, swimming, aquanatal classes, meditation and yoga.
6. Eating junk food, over-eating, tobacco and alcohol are not good for you, your baby or your skin and should be avoided.
7. Sleep is essential for your good health and well-being. Sometimes women get swelling (oedema) of their feet, legs, hands, tummy and face. If this happens you need to see your

midwife or doctor.

#### FOOT & LEG MASSAGE

##### Using Motherlylove Foot Loose Relaxing Massage Oil

1. Apply a small amount of Motherlylove Foot Loose massage oil in your hands before giving the foot massage. Many pregnant women suffer from poor circulation in the feet, and warmed oil in your hands can help stimulate blood flow.
2. Stroke the top of the foot with firm slow motions, using your thumbs to apply pressure on the underside of the foot. Begin at the toes and move slowly down to the ankle and lower leg then repeat moving the opposite direction gently. Repeat three times on the top and bottom of the foot.
5. With your thumbs make circling movements all over the soles of the foot.
6. Clench your hand into a fist and use the knuckles to gently slide along the arch of the foot, from the ball to the heel and back. Repeat at least five times on each foot. the arch of the foot may ache and become tense. This motion helps to relieve any associated discomfort.
3. Cup the heel with one hand. Rotate the ankle at least three times in each direction using the other hand. This motion will loosen stiff joints and relaxes tired feet.
4. Firmly pull each toe, beginning with the big toe, by sliding the fingers from the base of the toe to the very tip. Roll and squeeze the toe between the index finger and thumb, and then repeat with each individual toe. This motion relaxes tired feet and stimulates blood flow to the very tips of the toes.
7. Finish the foot massage by repeating the stroking motion described in Step 2.
8. To help prevent cramps and restless legs, as well as swollen ankles, massage oil into the lower leg and ankle using upward firm slow movements.

**TIP:-** Feet can get very cold in labour and this is a good way to warm them up. Speak to your midwife/doctor when using any complementary therapies.

#### RELAXING HAND AND ARM MASSAGE

##### Using Motherlylove Tums & Boobs Stretch Mark Oil or Motherlylove Due Date Pregnancy & Labour Massage Oil.

THIS IS THE BEST GIFT AND CAN BE ADDICTIVE FOR A PREGNANT LADY. ENJOY YOUR MASSAGE.

NOTE: A gentle hand massage will not be firm enough to stimulate any reflexology points. In pregnancy, the wrist and between the thumb and index finger is not massaged. Be guided by the pregnant lady to the pressure you are using when massaging. Too firm a touch can be painful, especially if she has carpal tunnel syndrome, which can develop in late pregnancy. Too light a touch and it will tickle. WHY WOULD YOU MASSAGE YOUR HANDS IN PREGNANCY?

## MASSAGING with MOTHERLYLOVE

You can have all these feelings when pregnant – anxious, stressed, fearful, feeling down, difficulty to sleep and need some loving by a caring partner.

Over worked hands when you are pregnant will feel wonderfully relaxed. Skin will be nourished, soothed and hydrated.

Pregnant and a busy life combined with repetitive tasks e.g. typing, computer, shopping, carrying heavy loads.

In Labour to reduce fear, tension and to gain trust. Reducing fear and tension can help reduce pain.

Pre operatively – Caesarean section – reduces anxiety.

From 14 weeks pregnancy:

What you will need?

2 chairs.

Cushion to support the pregnant ladies back.

Small table for bottle of oil and tissues.

Pillow or cushion to rest arm

Towel to cover pillow or cushion

Bottle with oil or blended oil and preferably with a flip top – prevents spillage and easier to use with one hand.

**HAND AND ARM MASSAGE FOR PREGNANCY**

Look for any abrasions, cuts, rashes etc., which would stop you from massaging. Also any recent fractures or operation to the hands or arms.

Tip some oil in you hand and with gentle slow strokes, apply the oil to both sides of her hand and arm up to the elbow. There should be enough coverage of oil, for no drag on the skin.

1. Support the hand and with flat hands, use effleurage strokes to slide up her hand and to the elbow with slow and deep movements. Keep in contact with the skin and slide your hands from the elbow back to the hand. Repeat 3-6 times. \*\*\*Do not massage around wrist bones in pregnancy. Turn arm over and use the same technique again.

**Why: This will warm up the hand and arm boosting circulation and helping lymphatic drainage**

**A redness of the skin (erythema), which is normal, shows that the blood circulation is improving.**

**If the hand is very stiff the mum will start to relax at this stage.**

2. Work between the bones in the hands (metacarpals) from wrist to fingers in a very gentle, almost friction movement (using a caterpillar movement) with your thumb and then from fingers slide down to wrist. Do this 3-6 times.

**Why: This will help to boost circulation and remove toxins.**

3. Gently and slowly pull on fingers (phalanges), using your index and middle finger around her finger – from base of finger to the top of each finger. Repeat 3-6 times. \*\*\* Do not massage thumb area in pregnancy.

**Why: Eases tension**

4. With index and middle finger (or thumb) use gentle chopping movement slowly from base of fingers to the top of each finger (not thumb). Repeat 3-6 times.

**Why: Eases tension to relax hand.**

5. Turn hand over. Use alternating thumb strokes, across the arm from wrist to elbow and then sliding hands back down to wrist. Repeat 3-6 times

**Why: Boosts blood circulation and lymphatic drainage**

6. With the palm up massage the palm with small circles from the base of the fingers to the wrist and slide off up the thumb. Repeat 3-6 times.

**Why: Relaxing and eases tension.**

7. Then with your thumbs on her palm knead from the base of the fingers towards the wrist releasing the tension in the

middle of the palm and towards the side of the hands. Repeat 3-6 times.

**Why: Reduces anxiety, so relaxing.**

8. Turn over hand and finish off with effleurage, which you started with. You will have started to build up heat. Repeat 3-6 times.

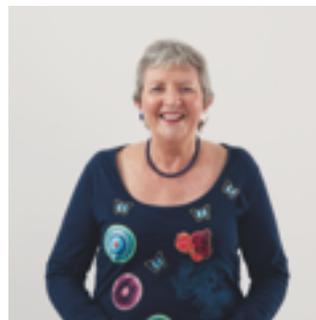
**Why: To feel relaxed and sleepy.**

9. To finish 'sandwich' your hands around her hand and hold gently. Then slide your hands off hers..

Simple easy hand massage. Relax and Enjoy.

### 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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