

Perineum Massage Oil



Manufacturer: Weleda
Order ID: W9510
Price: 12.95 €

Product description:

Totally natural massage oil to get ready for childbirth

An all-natural oil to help you prepare for the birth of your baby – perineal massage enhances skin's flexibility, protecting against tears and cuts during childbirth.

It's a day you're looking forward to, but Mums would rather be without tears and cuts in their sensitive skin. From 34 weeks you can prepare, with regular massage using Perineum Massage Oil to enhance flexibility in the skin of the birth area. With sweet almond and vitamin E rich wheatgerm oil, the oil is especially formulated for massages which help the perineum to become more flexible and relaxed, ready for childbirth.

Benefits: Nourishes and prepares skin for birth, facilitates regular massage of the perineum area to keep skin soft and flexible. Dermatologically tested. This oil is a product of the Weleda Pregnancy and Breastfeeding line, developed by experienced midwives and pharmacists.

Free from synthetic preservatives, fragrances, colourants, free of raw materials derived from mineral oil.

Ingredients:

Prunus Amygdalus Dulcis (Sweet Almond) Oil, Triticum Vulgare (Wheat) Germ Oil, Fragrance (Parfum)*, Limonene*, Linalool*, Citronellol*, Geraniol*, Citral*, Eugenol*.

* from natural essential oils

Tips from Gabi Köberl:

Can be applied by yourself or with a partner. Massage 3-4 times a week for 5-10 minutes, from the 34th week of pregnancy. Best used after first bathing in warm water and making sure the bladder is empty. Settle into a relaxed, comfortable position. Moisten the thumb (or index finger if your partner is massaging) with Perineum Massage Oil and glide gently over the tissues, ensuring the massage is painless. Insert the finger into the vagina to around the second finger joint. Massage rhythmically with a light touch on the vaginal wall in a rotating movement, like the hand of a clock moving back and forth from 3 to 9.

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