

Nurture

Nurturing you through your pregnancy, birth & beyond...

LABOUR BLEND

This massage blend is aimed to enhance the efficiency of labour and help create a less stressful birth for mother and baby.

It can be started at 38 weeks of pregnancy, and should be used when contractions first start and continued throughout labour. Massage into the lower back and abdomen (clockwise direction only) and the bottom of the feet including inside area of the ankles.

About the oils

Jasmine or Geranium – a most valued oil in childbirth. It will help relieve pain and strengthen the contractions. It also helps with the expulsion of the placenta and aids post natal recovery as it is a tonic for the uterus.

Clary Sage – eases lower back pain and also encourages labour. It is a relaxant and analgesic and has a euphoric effect therefore soothing the emotions. Used in a compress and applied to the area of discomfort can be very useful.

Lavender – this is a calming oil. Relaxant to the uterus, lowers blood pressure and is an antiseptic. Lavender also helps expel the placenta.

Into a dark glass bottle add 50mls of a carrier oil e.g. Almond oil. Then add 20 drops of lavender, 15 drops of clary sage and 18 drops of jasmine or geranium.

Use externally only, and avoid broken skin. The benefit of the oils is again enhanced after massage when you stand under a very warm shower and when used in conjunction with reflexology.



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