

Inner Power Hypnobirthing

Perineal Massage - for more detail see my book Birth Made Easy Chapter 9

Use almond oil or olive oil.

Start when you are 34 weeks pregnant.

Massage 3-4 times a week for about 4 minutes.

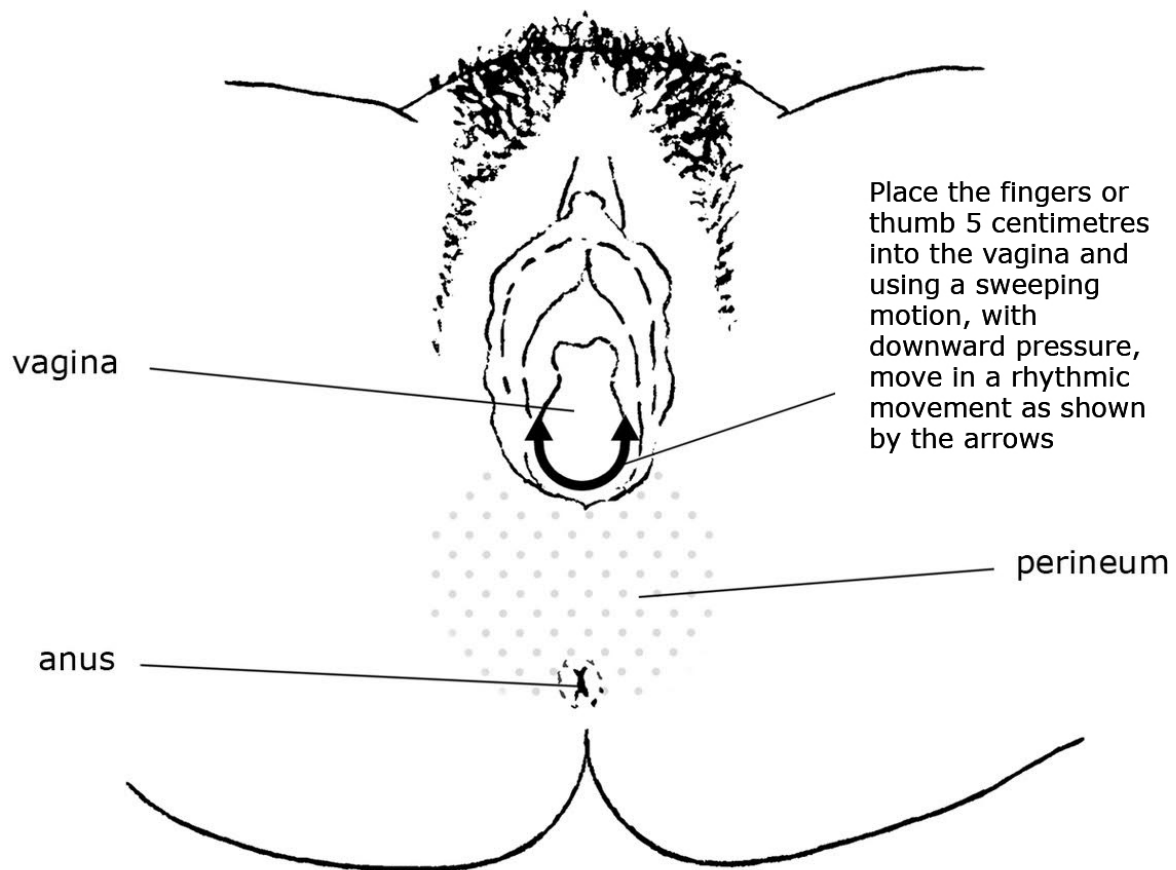
If you do this yourself it is best to use your thumb.

If your partner does it they use their index finger and the one next to it.

See diagram below for instructions of where to massage.

You can also massage the skin of the perineum.

This massage helps the vagina to be ready to stretch so allowing the head of the baby to flow out creating a wonderfully natural birth.



With compliments from Paola Bagnall