

Perineal Massage Oil 50 ml

EAN: 4001638095105 FABRICANTE: WELEDA



This 100% natural oil is designed to prepare your body for childbirth, helping to keep the skin supple and soft. In addition, its unique formula protects the skin of the perineum, reducing the risk of episiotomy and tears during childbirth.

DESCRIPTION

What is Perineal Massage Oil used for?

During childbirth, the skin of the perineum is under great pressure and must adapt to strong stresses. To avoid the need for an episiotomy, it is essential that the skin is flexible and elastic. This is where our Perineal Massage Oil comes into play, a completely natural, fragrance-free formula designed specifically for the intimate area. By massaging regularly with this oil from the 34th week of pregnancy, the flexibility of the perineum tissue is promoted, keeping it elastic and thus increasing the chances of having a delivery without an episiotomy.

What are the benefits of Perineal Massage Oil?

By performing a regular massage with the Perineal Massage Oil from the 34th week of pregnancy, you can help prepare the perineum for childbirth and reduce the possibility of needing an episiotomy. The 100% natural and fragrance-free formula has been developed specifically for the intimate area and helps maintain the flexibility and elasticity of the perineum tissue, allowing a better adaptation to the stresses of childbirth.



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What are the ingredients of Perineal Massage Oil?

- sweet almond oil
- wheat germ oil
- Sesame oil
- jojoba oil
- limonene
- linalool
- Citronellol
- natural essential oils
- Citral
- eugenol

How should the Perineal Massage Oil be used?

It is important to start the massage gradually, since it takes a few days to become familiar with the technique and the area to be treated. Normally, it takes a week or two to find the right pressure, although this varies according to each woman's tolerance. It is important to keep in mind that you should not penetrate deeply, but only work the entrance. If you feel discomfort or have vaginitis, do not perform the massage. It is recommended to do the perineal massage three to four times a week, for about five or ten minutes, from the 34th week of pregnancy. Begin the massage with the perineal oil, beginning at the introitus and ending at the lips and perineal area, forming a "U" shape between the vagina and the anus.

