

Organic Triumph Labour Massage Oil - Pure Destiny

How does massage help relieve pain? Massage stimulates the body to release endorphins, which are natural pain-killing and mood-lifting substances. Endorphins are responsible for the "feel-good" factor; the "high" you feel after exercise, or a good laugh. In labour, massage brings you close to the person who is caring for you: your midwife or your partner. The touch of someone who wants to help you can be very empowering when you're coping with contractions and are perhaps tired and frightened. Massage is recommended by childbirth experts because it has been shown to ease pain and reduce anxiety in the first stage of labour. It is also linked with shorter labour and a lower risk of postnatal depression.