



In this presentation, we take you through the different stages of oil therapy for Mother to be.
Preparation and its application.



Preparing Self

Tie the hair up, with a band .

Its ideal to sit on a stool during the therapy. Wear a disposable panty if desired.

Its good to meditate /pray for a few minutes before starting the therapy.



Preparing The Oil

The oils have to be poured into a vessel. It can be heated either by directly placing on heat or in boiling water

Essential - Pour required amount of oils from the base oil and the combination oil. Ideally it is suggested to use 25 ml of each

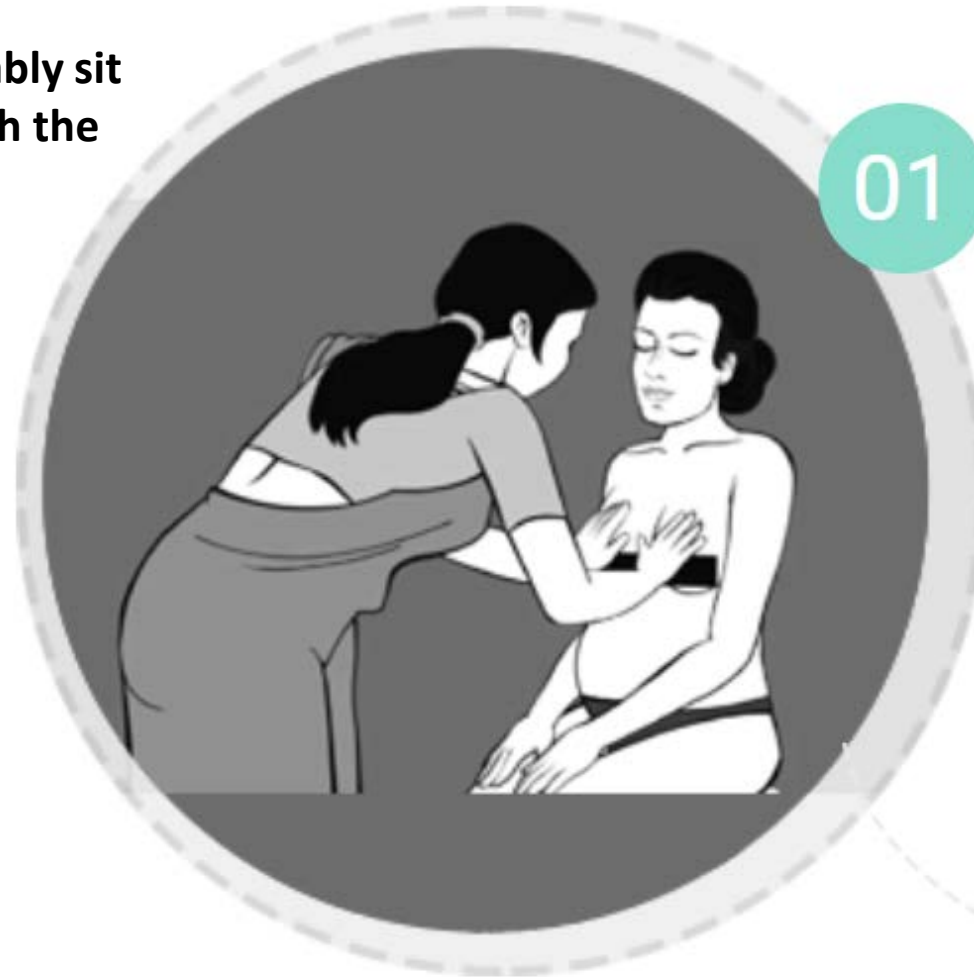
Note

- Pressure of massage on a pregnant women should be very less.
- Therapy should not be done for more than 15 minutes
- Therapy can be done either for the whole body or specific pain areas
- Pressure should not be applied on Spine. Instead, the application has to be soft, smooth and gentle.
- The shoulder, elbow, wrist, hip, knee, ankle and other joints must be massaged in circular motions only.
- While massaging head , it is advisable to use coconut oil or almond oil

Touch Therapy for Mother to be

STEP 1 : SITTING POSITION

The mother should comfortably sit on a stool and then start with the application.



Neck to arms:

- Stand behind the mother and start with the neck. Take a little of oil on the left hand and apply it on either sides of neck using your right hand .
- Place both the palms together on either sides of neck and massage till the shoulders downwards at the same time.
- Move your right hand along the right arm downwards by supporting the shoulder joint with left palm and move upto the fingers. Also massage the below portion of arm. Repeat the same on the other side too.

Upper back:

- Take a little oil and apply it on the right side of upper back in circular clockwise direction, followed by downward motion by giving support on the left side of neck .
- Repeat on the left side in circular anticlockwise and downward direction while supporting on the right side of neck .

Lower back:

- Take little oil , apply and gently massage the right side of lower back in circular motion and downwards with right palm , by giving support to the left side of low back with left palm.
- Repeat on the left side in anticlockwise and downward direction by supporting the right side .

Sides of the body:

- Apply little oil and move both the palms and gently downward starting from underarm on either sides of the body till the waist at the same time.

Chest:

- After standing in front of the mother, take some oil in the left hand , apply oil and massage the left side of mother's chest with right palm in soft circular motion and by giving support to the right side of the mother's neck with left palm.
- Massage the right armpit towards the centre of body. Repeat the same on the other side.

Abdomen:

- Softly apply oil and gently move the right palm around the abdomen in circular clockwise motion by supporting the right side of abdomen with left palm and massage softly to the sides of abdomen at the same time with both palms. Avoid massage in case of any discomfort. Don't apply pressure on abdomen

STEP 2: STANDING POSTION

After making the mother stand by supporting against a wall, apply oil and start in the below said order:



Buttocks and hip:

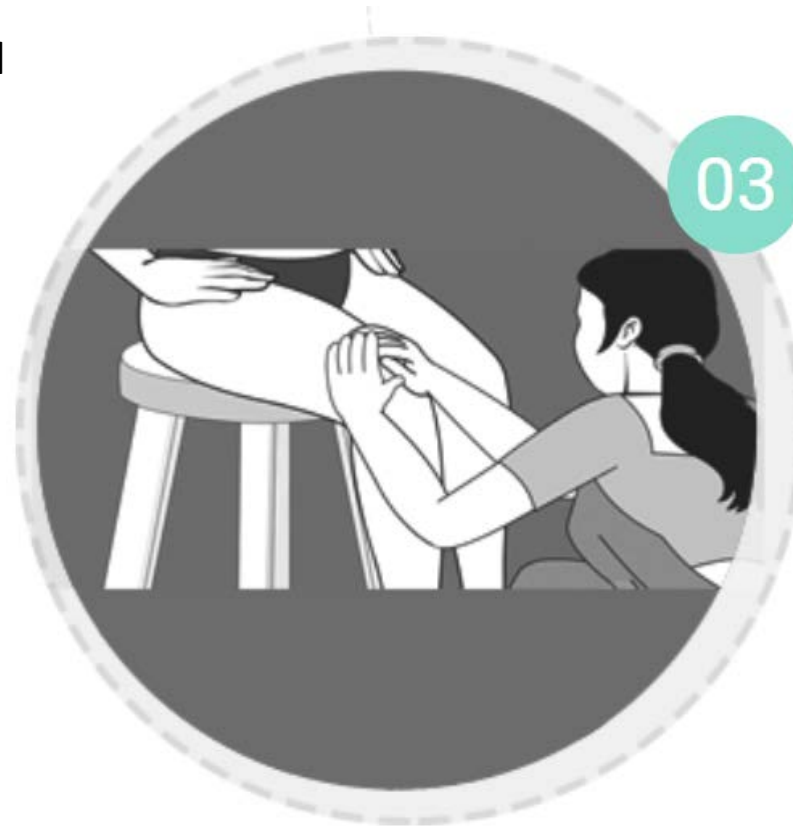
- Apply little oil and massage the right side of buttocks and hip with right palm in circular clockwise motion and downwards through the sides by supporting left side of hip.
- Repeat the same on the left side in anticlockwise direction and in downward motion.

Back of leg.

- Hold the left side of the thigh with left palm and apply little oil using fingers of right palm and move straight in downward and continuous motion starting from back of thigh down to back of knee, calf muscles ,till the heel.
- Apply oil and move downwards through the sides of legs using both palms on either sides of right leg. Repeat the same on the other leg.

STEP 3 : SITTING POSITION

After making the mother sit on a stool, stand in front of her, bend and apply a little oil as said below:



Front of the thigh:

- Apply a little oil on the right thigh of the mother using your right hand .
- Place both the palms on either sides of the thigh and massage downward and in continuous motion starting from thigh, knee, below knee till the foot. Repeat the same on the other leg.
- Massage the joints in circular motion.

Foot ,toes and soles.

- Apply little oil on the right foot and massage in downward direction to the toes by using both the palms.
- After holding the feet with left palm, massage the toes from the base to its tip using three fingers of right hand mainly thumb, index and middle finger .
- After holding the feet, apply oil and massage the sole with right palm in continuous downward motion. Repeat the same on the other foot.

Note : Use of coconut oil or almond oil is suggested for Head

Scalp: Stand behind the mother and apply oil on head. Insert fingers of both hands between hair into scalp . Place them on either side of scalp and gently give soft ,circular and continuous motion from the beginning of hairline near forehead and move fingertips of both palms to the back of head and to the sides covering the whole head

Forehead: Stand in front of the mother.

- Take a little oil in the left palm and apply a little oil on forehead and all over the face using right hand.
- Place the thumbs of both hands on the midline of forehead and gently move them at the same time to either sides of forehead.

Ears :Apply oil and massage the outer and behind of both ears at the same time using the thumb and index finger.

Eyes: Place both thumbs above eyelids and move them very gently to either sides. Repeat the same below the eyes.

Nose:Apply oil on the nose and massage softly with both the thumbs from the base of nose (near eyebrows) to the tips and from sides of nose to the tip.

Cheeks:

- Hold the face behind the head with left hand and apply little oil and massage the left cheek in soft circular motion using fingertips of right hand.
- Repeat the same on the other side with left fingertips while supporting the head with right hand.

Lip and chin:

- Apply oil above lip, on the chin and the neck.
- Massage above lips to sides with thumbs, by placing them in the middle above the lips.
- From the sides of lip, massage downwards to the chin. From the chin, massage downwards to neck very gently with right palm, holding the head behind with left palm.

Procedure of hot water bath

- A hot water bath is done after oil massage and is prepared in the method told above, before the therapy starts.
- Lather soap and apply all over body starting from neck ,shoulder, arms.
- Wash the body with the warm water.
- Wash the face mildly. Soap or water should not enter eyes, nose or ears.
- At last wash the head properly . Use shampoo if required.
- Towel dry and properly wipe the body .

Indications and contra indications of the touch therapy.

Indications:

- The kit has been prepared solely for the usage of delivered mothers and pregnant women.

It can be used after 7 days in case of normal delivery and used after 14 days in case of caesarian section.

Contraindications:

- Discontinue use if any skin irritation like redness , rashes, itching, swelling, boils etc persists.
- Therapy should not be done in conditions of fever and severe cold.
- Head massage can be avoided in appropriate situations.
- Therapy is contra indicated also in : Severe arthritic joints and spine disorders, slipped disc, hernias, high risk pregnancy, habitual abortion, skin diseases and fungal infection, severe hemorrhoids with bleeding etc.

Thank you 😊