



Perineal Massage Oil

a natural blend for perineum massage

Ingredients

- 2 ounces Organic Avocado Oil
- 1 ounces Organic Rose Hip Seed Oil
- 1/2 ounce Organic Pomegranate Seed Oil
- 1/2 ounce Organic Argan Oil

This recipe makes about 2 ounces

Directions:

1. Combine ingredients in a small bottle and shake well to combine.

Usage & Packaging:

1. This massage oil can be packaged in any 2 ounce bottle with a snap, disc, or dropper cap. I used a 2 ounce glass bottle with a dropper cap to store mine.
2. For tips on how to perform perineal massage, check out resources like WikiHow, About.com, and Childbirth.org, or consult your OBGYN or midwife.

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