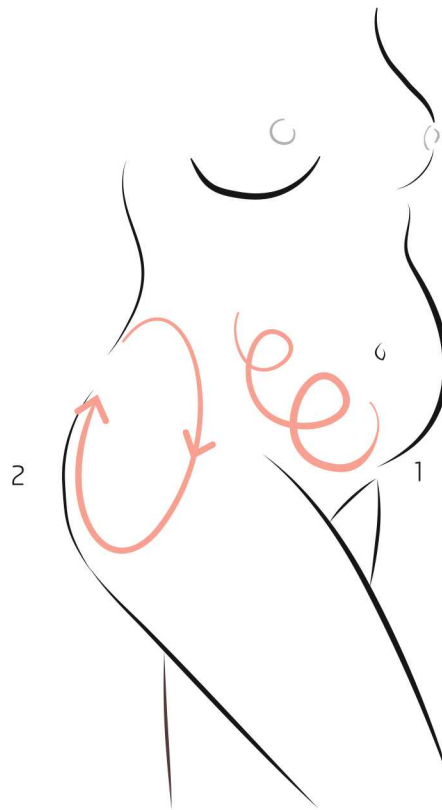


Morning Greeting

Ritual with Stretch Mark Body Butter

The skin is our primary sense organ, and already by the second month of your baby's development in the womb, the skin has become a fully functioning receptor of touch. Weleda's 'Prepare-to-Stretch' rituals provide an intimate connection, enveloping your growing bump with the feeling of love, safety, warmth and rhythm, whilst leaving your skin feeling nourished, supple and soft.

1. Best applied to dry skin, begin by standing with your feet slightly apart and shoulders relaxed. Gently stretch your arms overhead, holding for several seconds, visualising a gentle lengthening your spine, before returning your arms to your sides. Feel the space created for comfortable breathing.
2. Spread Stretch Mark Body Butter generously over your palms and fingers. As the 100% natural floral scent delicately reaches you, close your eyes, slowly inhale and enjoy the unfolding sense of calm and serenity.
3. Place your hands at either side of your bump and using circular movements apply Stretch Mark Body Butter with a particular focus on the sides of your tummy. **Fig 1**
4. Continue applying Stretch Mark Body Butter with three large warming circles around both hips, including your buttocks to gently activate circulation. **Fig 2**



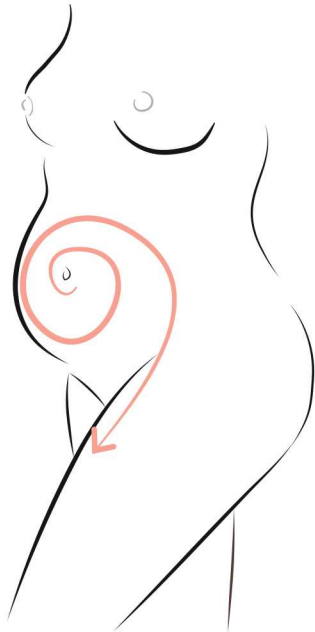
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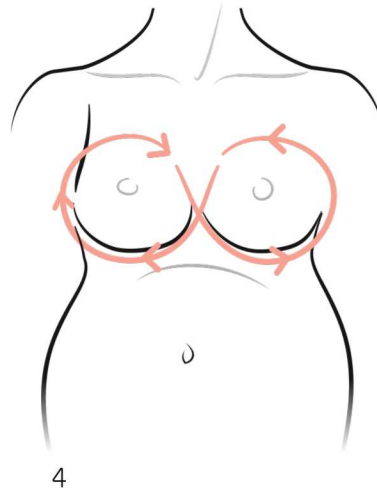
TIP Prepare to stretch with Stretch Mark Body Butter twice daily, or alternatively apply in the morning when fast absorption is required at the start of the day, and use Stretch Mark Massage Oil in the evening.

With a relaxed hand, softly circle in a clockwise direction around your belly button, increasing the size of your circles as you spiral outwards. Finish your final circle on the left, stroking down over your left thigh.

Fig 3



3




4


5. Taking a little more Stretch Mark Body Butter, give skin nurturing attention to your breasts, and beginning at your sternum create a figure of eight movement around both breasts.

Fig 4

6. Complete your morning ritual with a smile, resting one hand above your bump and the other beneath.

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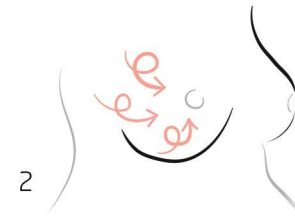
Evening Comfort

Ritual with Stretch Mark Massage Oil

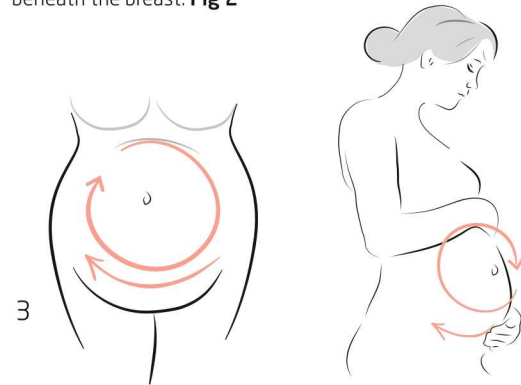
1. Best after bathing or showering when your skin is warm and receptive, dim the lights, light a candle and have a wrap or gown nearby. In a comfortable seated position, begin with a gentle neck stretch and loosening of shoulders to relieve any tension from carrying additional weight. Place your right hand over your head and rest on your left ear, while your left arm extends downwards. Stretch your neck and upper shoulder gently to the right side and hold for several seconds. Repeat on the other side. With both shoulders relaxed, continue with three slow shoulder rolls forwards and then backwards, as if being carried by a gentle wave. **Fig 1**



2. Warm a few drops of Stretch Mark Body Oil in your hands. Bring your palms to your face, close your eyes taking a gentle breath in, let the nurturing fragrance of rose, neroli and myrrh comfort you along your sensory journey.

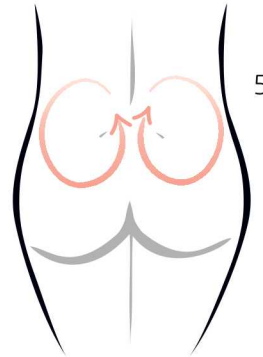
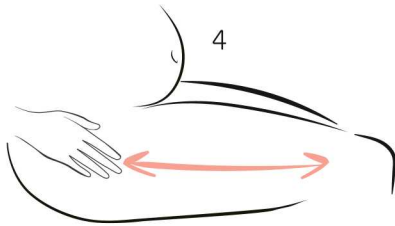


3. Massage each breast with circular loops towards but not including the nipples. Use the other hand to provide support beneath the breast. **Fig 2**



4. Place one hand above your bump and the other beneath. With your top hand create a full circle in clockwise direction, while your lower hand, working in the same clockwise direction creates a semi-circle beneath your bump. Repeat 3 times. **Fig 3**

5. Focussing on the outer thigh, start at your knees and stroke upwards with emphasis on your fingertips. As you return to each knee, shift your contact to your palms. Repeat 3-5 times. **Fig 4**
6. Placing hands at your sides above hips and with fingertips pointing towards your abdomen, move both hands in slow circular movements front to back. Repeat five times, bringing relief to your lower back. **Fig 5**
7. Complete your pregnancy massage with toe wriggles and some ankle rotations in both directions. Bring your feet to rest while your hands cradle your bump. Allow yourself to rest while the shared touch experience gently connects and nurtures.



TIP To prepare your pelvic region closer to birth, in a standing position, place the flat of your hands either side of your lower spine, near the sacrum. Stroke downwards over the buttocks with the heel of your hand and back upwards with spread fingertips. This movements loosens the tissue and helps the entire pelvic region to relax.

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