



LIVING IN RANDOM



Products to Pamper Mom During Pregnancy

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~I received products to pamper mom during pregnancy for the purpose of reviewing. Opinions and stories are my own.~

Pregnancy can be really hard on Mom both physically and mentally. I am on my third pregnancy and somehow I feel it gets harder with each one. Maybe it is just me getting old...ha! During this time I like to try and put myself first and really take care of myself. Here are awesome products to help pamper mom during pregnancy.





With this pregnancy I am trying one product that is completely new to me. **BabyIt Perineal Massage and Postpartum Recovery Gel**. If you have no idea what I am talking about that is completely okay because with my first two pregnancies I had no idea either. Perineal massage is an ancient practice of daily massage that aims to stretch and relax the birth canal before delivery and **BabyIt** is the first and only isotonic, paraben-free, and pH-balanced gel specifically designed to be used during perineal massage.

“ When performed in the last several weeks of pregnancy, studies show that perineal massage can decrease: 1) the incidence of trauma to perineal tissues; 2) the need for episiotomy, during childbirth, and 3) post partum pain during sex.

It is a clear gel like consistency and each box includes detailed instructions about how to perform perineal massage. I feel this is one of those products definitely worth a shot as it does not hurt to try! You can read more about this great product on their [website](#)