

Ingeborg Stadelmann

*Original D<sup>®</sup>  
Aromamischungen*

*Original D<sup>®</sup>  
Aroma Blends*

**Essential Oils for  
Living, Giving Birth, Dying**

German-English translation  
by Judith Rosenthal,  
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## Damm-Massageöl / Perineum Massage Oil

*to prepare the perineum for / protect it during childbirth  
for the care of the perineum following childbirth  
for the treatment of scars*



**Ingredients:** Clary Sage, Rose, St.-John's-Wort Oil, Wheat-Germ Oil and Evening Primrose Oil

This is a massage oil with a delicately flowery scent which increases the elasticity of the perineum and has an anaesthetizing and slightly warming effect.

Midwives, mothers and many physicians swear by *Perineum Massage Oil*. The application of this aroma blend has saved countless women from having to undergo an episiotomy. "Don't leave the fate of your perineum to the hospital personnel or to chance, take its intactness into your own hands!" This is the message I have been passing on successfully for years. For detailed information on the application of this oil during pregnancy, please refer to my book *Die Hebammen-Sprechstunde* (Consultation with a Midwife) or consult with your midwife. My colleagues will be able to advise you on the use of *Perineum Massage Oil* even in cases of rigid cervix, postterms and during the first stage of birth.

If an episiotomy nevertheless proves necessary during birth, or if the perineum tears, treat the resulting scar with *Perineum Massage Oil* for a while afterward. For years I have also been recommending the use of this oil before the parents' first sexual contact after the birth of their child: It softens the scar tissue and has a generally relaxing effect.

All kinds of scars, no matter how old they are or what caused them, can be made supple and elastic with the help of this oil. Hardened muscles can also be loosened through massage with *Perineum Massage Oil*. This quality has been confirmed to me by masseurs and physical therapists.

Even phimosis operations can be avoided with the regular application of this oil.

### **My recommendation:**

In the case of older scars and scars located outside the mucous membranes, the fragrance of *Perineum Massage Oil* can best be refined with three drops of pure neroli oil or ten drops of neroli 10% in jojoba wax.



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## Interesting Facts about Aroma Therapy

In recent years, aroma therapy has established itself on an increasingly broad basis, a circumstance testified to by the great success of the *Original D<sup>®</sup>Aromamischungen* (Ingeborg Stadelmann's Original Aroma Blends). The fragrant oils and blends heighten the user's well-being and, in the process, support the organism's self-healing mechanisms. What is more, due to the great abundance of active substances contained by essential oils, they have a provable effect which is not to be underestimated.

Aroma therapy is administered with the aid of the aroma lamp, body and massage oils, aroma baths as well as compresses and wraps. Yet the active substances can also be absorbed by way of the reflex zones or simply in the form of fragrant perfumes. If you would like to learn more about this fascinating branch of natural medicine in general, and about the individual essential oils in particular, I recommend my book *Bewährte Aromamischungen. Mit ätherischen Ölen leben, gebären, sterben* (available in German only).

### ***What are essential oils?***

Essential oils are the odoriferous substances of plants, which serve, among other things, to lure insects to carry out pollination and prevent animals from eating the plants. What is more, their scent molecules offer plants protection against extreme heat and extreme cold. In many cases, plants even produce essential oils with an antibiotic effect. And plants communicate with one another by way of their scents. It is interesting to note that one and the same plant can produce entirely different scents at different times of the day and year, and store them in its various parts in various amounts and compositions.

### ***Extraction Methods***

There are several methods of extracting essential oil from plants, the most common being steam distillation and cold pressing. These are also the methods used to obtain the essential oils for the *Original D<sup>®</sup>Aroma Blends*.

The distillation of herbs, blossoms, grasses, roots, barks and woods by means of steam is not only one of the oldest but at the same time a very gentle and environmentally friendly method of obtaining essential oils. The plant parts are put into a large receptacle, the alambique, above or in water, and heated. The rising steam frees the scent molecules and transports them by way of a pipe system into the so-called Florentine bottle. There the distillate – essentially a condensation liquid – is collected, and the essential oil separates from the water, the hydrolat. The essential oil is usually lighter and rises to the top, but in some cases it is heavier and settles on the bottom.

The product obtained by cold pressing is properly referred to as an essence. The simple method of pressing the essential oils out of the plant is used only for hard-shelled fruits (such as nuts) and citrus fruits such as the lemon, orange, bergamot, lime, mandarin and grapefruit. In the process of producing essences it is particularly important to use organically grown fruit in order to rule out pollution from insecticides or fertilizers. For unlike steam distillation, cold pressing does not prevent harmful substances from making their way into the essence. In the *Original D<sup>®</sup>Aroma Blends*, however, this risk is avoided to the greatest possible extent by obtaining the essences for the aroma blends exclusively from organically grown products.