

Living Essences Birthing Kit

1. **Macrozamia** **Bath** - 11 drops in a full bath every 2 to 3 days in the last month of pregnancy, more often in the last week if possible.
2. **Dampiera Spray** Spray once onto **perineum** during birth at **crowning stage**.
For **water births** add 60 drops into bath or pool at **crowning stage**.
3. **Hybrid & Pink Fairy Orchid** **Enhances Relaxation** and enables a person to not be so affected by the environment or other people's attitudes or moods during the birth.
Apply to the **Shenmen Acu Point** on the ear every hour as needed.
4. **Cowkicks** **Energy** reconnection during Birth when there are feelings of being "blown away" by the intensity or sudden events.
Apply to the **Heart Acu Point** on the ear every hour as needed.
5. **Purple Enamel Orchid** **Energy**, evening out the highs and lows during birth so it will build gradually and not be as exhausting.
Apply to the **Heart Acu Point** on the ear every hour as needed.
6. **Reed & Pink Fountain Trigger Plant** **Energy** top ups during birth for every one.
Apply to **Heart Acu Point** on the ear every hour as needed.
7. **Leafless Orchid** **Centering Energy & Focus** during the birth for mother & birth attendees.
Apply to the **Baihui Acu Point** hourly as needed.
8. **Pink Trumpet** **Focus on the birthing process** when mum feels scattered.
Apply to the **top of the mother's belly**
9. **Macrozamia Spray** Spray **Baihui Acu Point** from start of birth every 15 minutes to half hour.
10. **Purple & White Nymph Waterlily Spray** **Birthing Room Spray**
Promotes a calm and loving atmosphere
11. **Accident Relief Spray & Cream** **Cramp smoother** during birth, but use cream in last month on belly and lower back as a preparation for birth and to help with stretch marks.
Use on calf muscles if there have been leg cramps in the last month (often a sign of magnesium or calcium deficiency – should be treated preventatively with massage and mineral supplements advised by health professional).
12. **Body Bliss Mist & Body Lotion** **Calming** for mother & attendees. Good for pregnancy massages for mum & dad to engender harmony & sensitivity.

Acu Point Location



Heart Acu Point for Energy

Apply a total of **4 drops** of one or combination of energy essences to a **cotton bud**
Use the bud to apply floral acu pressure (i.e. pulsing rhythm) to the **Heart Acu Point** for **5 minutes** to each ear.

Perform **every hour as needed**

Cowkicks Essence

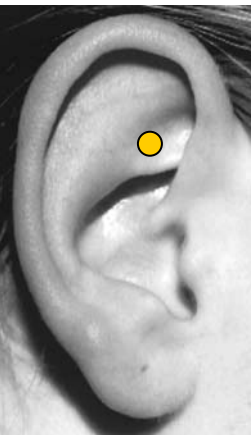
Energy reconnection during Birth when there are feelings of being “**blown away**” by the **intensity** or sudden events.

Purple Enamel Orchid Essence

Energy, **evening out the highs and lows** during birth so it will build gradually and not be as exhausting.

Reed & Pink Fountain Trigger Plant Essence

Energy top ups during birth for every one.



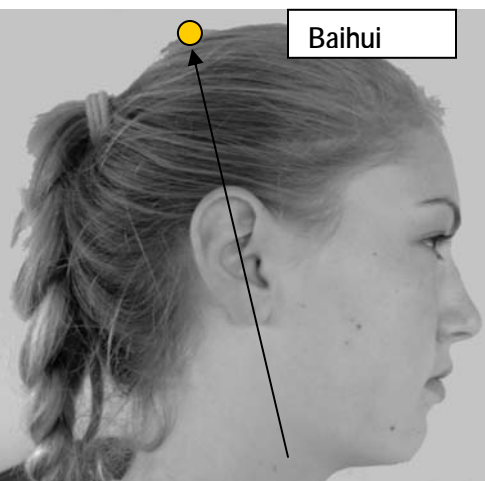
Shenmen Acu Point for Relaxation

Apply a total of **4 drops** of the relaxation essence below to a **cotton bud**
Use the bud to apply floral acu pressure (i.e. pulsing rhythm) to the **Shenmen Acu Point** for **5 minutes** to each ear.

Perform **every hour as needed**

Hybrid & Pink Fairy Orchid Essences

Enhances Relaxation and enables a person to **not be so affected by the environment** or **other people's attitudes or moods** during the birth.



Baihui Acu Point

Leafless Orchid Essence

Centering Energy & Focus during the birth for mother & birth attendees.
Apply to the **Baihui Acu Point** hourly as needed.

Macrozamia Essence Spray

Spray **Baihui Acu Point** from start of birth every 15 minutes to half hour.