~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](#).