

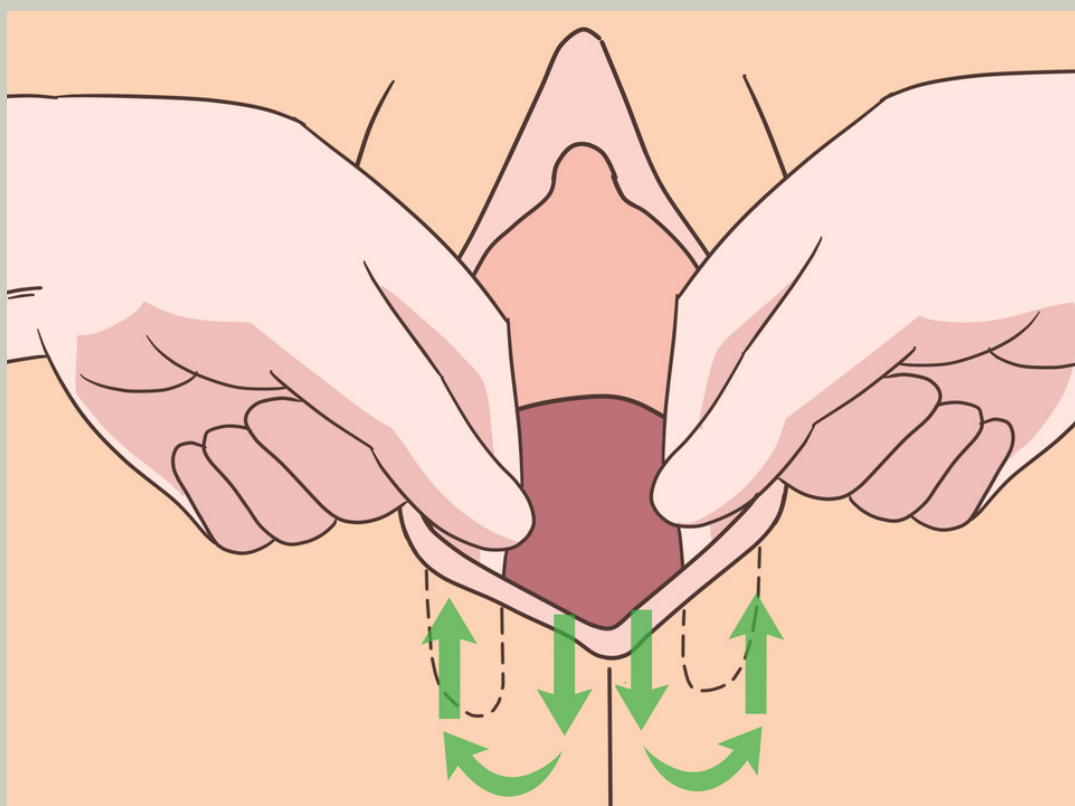
# Perineal Massage

## Getting Started

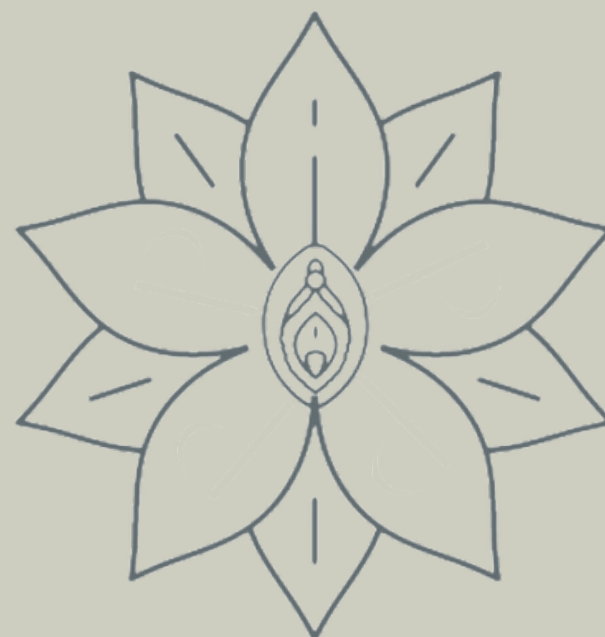
- Choose a space where you feel comfortable & have privacy
- Some people like to take a shower or bath to soften the skin
- Wash your hands and trim your fingernails
- Select a lubricant of your choosing
- Find a position you can comfortably reach the vaginal opening
  - Lying down with knees bent and your head & trunk propped up on pillows
  - Sitting on the toilet
  - Standing with one foot on a stool
  - Let your partner help

## The Massage

- Place lubricant around the lower half of the vaginal opening and on one finger or thumb
- Gently insert your finger or thumb about one inch into the vagina
- Light pressure: Press down towards the anus until you feel a stretch. Hold there a few seconds
- Press in, side to side, clockwise circles and counter clockwise circles



<https://www.wikihow.com/Do-Perineal-Massage>



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