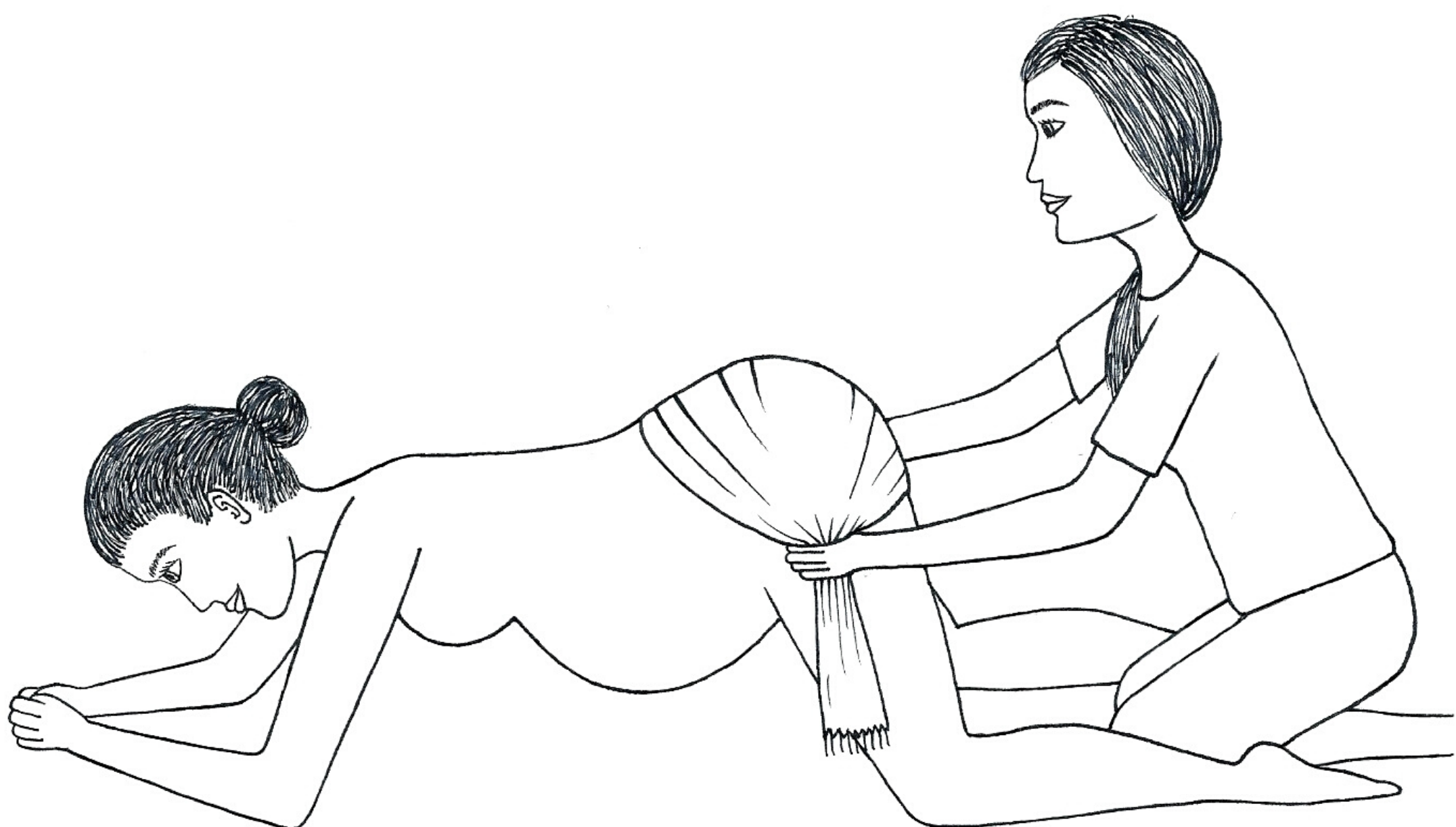
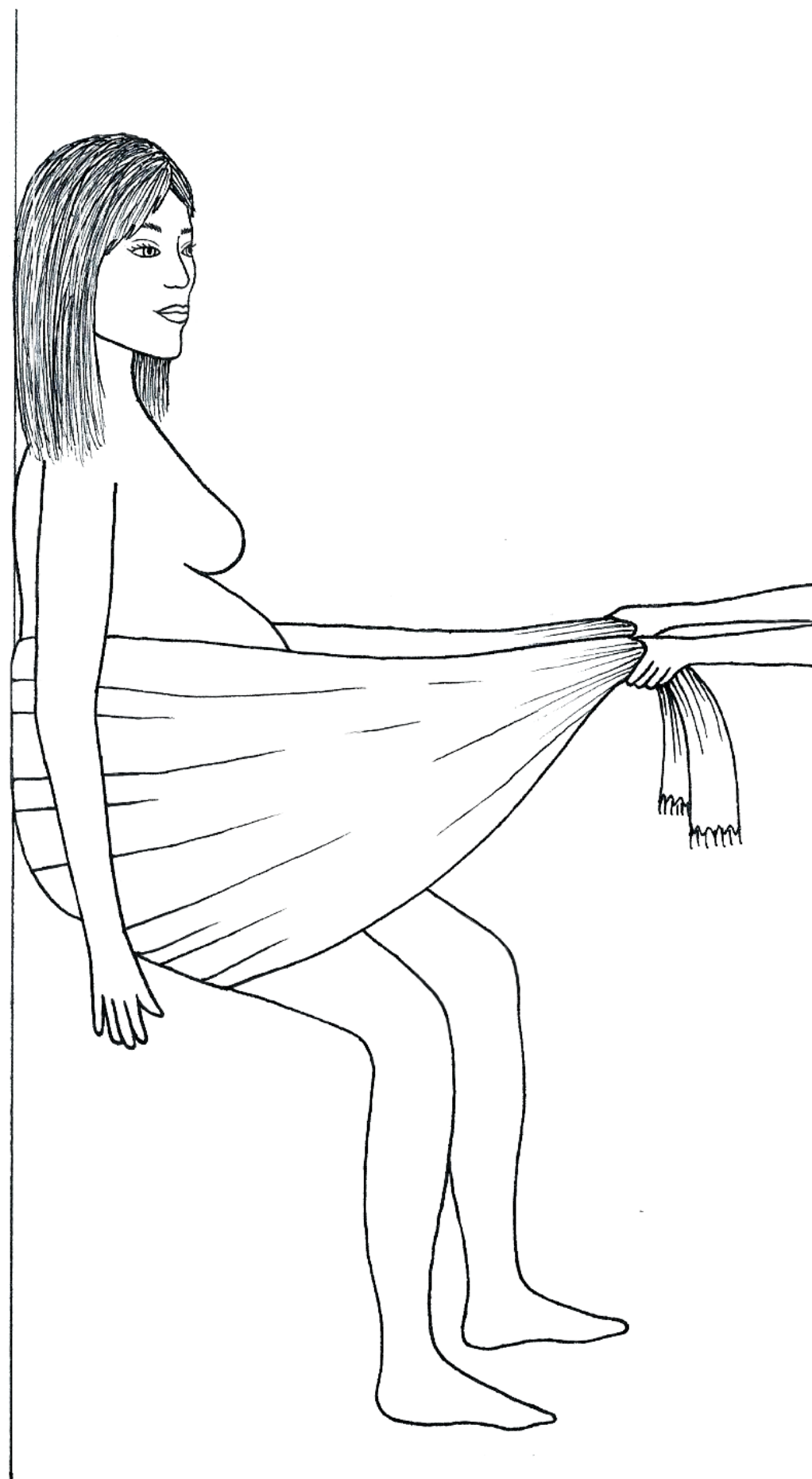


Self-help pain relief in labour

REBOZO



Rebozo

- Rebozo is a cloth that can be used during pregnancy and childbirth to relax and relieve pain.
- The support person can give a massage by wrapping the cloth around the woman and making small rhythmic movements or slow, relaxed movements.

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