



Postnatal Treatment The Malay Way

by Iza Rohaini

Postnatal Treatment The Malay Way

Introduction



In the Malay culture and philosophy, it is believed that God rewards a woman who gives birth, with more health and beauty, provided it is done properly and correctly. As a result Malays have created a detailed approach to post natal care.

In Malay society, immediately after giving birth the new mother undergoes a carefully structured regime known as 'berpantang' (confinement), that lasts just over 6 weeks, 44 days to be precise. It is a tradition that has been handed down from generation to generation, from mother to mother and is focused on restoring the physical and mental health of the mother.

It is my passion and mission to share this ancient knowledge with British women. The Malay Way has been created to enable modern British women to tap into these traditional ancient practices.

Us Malays believe that looking after the mother is an essential part of the post birth process and that well managed postnatal care will greatly help in the healthy life of the mother both immediately and well into later life, as well as benefiting the new born child.

Mothers who neglect proper care after childbirth, commonly suffer body and back ache, pain to the muscle, bones, and joints, including the abdominal area, cervical erosion, and many other problems.

The Malay Way, in particular, focuses on the health of the woman's reproductive organs. The Malay Way will heal the wounds of childbirth, reposition the uterus and restore the tightness of the vagina muscles. To achieve this, a special corset known as a 'barut' is used throughout the 6 weeks. This ancient practice, until now almost unknown outside of Malaysia, is the key secret in ensuring a firm flat stomach, clean and devoid of stretch marks, even after undergoing several births. Furthermore it helps to correctly re-position the uterus.



The uterus plays a vital role in the health and femininity of a woman. If there are wounds or the uterus is still swollen, the vaginal passage is likely to remain loose and watery. Furthermore Malays believe that if the uterus area is sagging, the woman will look more aged than her actual age. Combining this abdominal wrapping with special herbal remedies, a strict diet regime, massages, and Kawi hot stone treatments will greatly enhance the internal and external health of the new mother.

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The Malay Way is divided into 3 phases of treatment, with each phase containing several components of traditional postnatal care practices.

For instance, massage techniques change according to the health condition of the mother. In Phase 1 of the post delivery care, a wellness massage called 'urutan sentuhan' is used to combat stomach cramps, loosen tense muscle, overcome fatigue, reduce stress and encourage restful sleep.

But as the treatment progresses to Phase 2 and Phase 3, a therapeutic Malay massage called 'urutan asak' is introduced. This gently helps the uterus to find its way home and reposition itself. This massage further helps to ease out the postnatal bleeding (nifas blood), encourage the elimination of stubborn impurities which lurk around the uterus and the pelvic areas, and relieves flatulence and constipation.

A Kawi Hot Stone Massage ('urutan tuaman batu') is also introduced. It is used to loosen tense muscle, break stubborn fats, eliminate trapped winds and toxins, hasten the shrinkage of the enlarged uterus, flatten the abdomen and trim the body back to a pre-pregnancy figure.

In the Malay Way, forced massage is never practiced. Body massage is done in a very patient manner - tender touch, firm yet caring.

It is recommended that a special herbal brew called 'akar herbanika', an anti oxidant drink popular among the ancient Malays, is also drunk daily. This herbal concoction helps to enrich the blood, promote healthy mother's milk, combat fatigue and dehydration, induce perspiration, reduce water retention, clear impurities in the urine, rejuvenate and enhance the skin and help hasten the slimming process.

Malays also have their own set of dietary dos and don't's. We subscribe to the 'warming' and 'cooling' properties of food. New mothers are discouraged from consuming lots of fluids, as this is believed to increase water retention. Therefore, dry foods that are grilled, steamed and herbal salads are preferred. Shellfish are avoided as they can cause skin allergies and retard the healing of wounds. Food that causes wind and bloating such as sweet potatoes, cucumber, nuts and legumes, should also be avoided.

Traditionally, the new Malay mother would return to her parent's house, where she would undergo postnatal care with the help of her mother for the whole 44 days. However The Malay Way has been created so that every mother can enjoy its benefits in their own home and many of the practices once learnt can be self performed.

About Me

I am originally from Kuala Lumpur, Malaysia. I have been living in London for 9 years. My late grandmother was a postnatal masseur and learnt from our family generations. Both her and my mother taught me these ancient techniques and I have practised them on my relatives and friends since my early twenties. I want to spread this Malay tradition in the Western world and share my skills and knowledge with you.

Nona Roguy

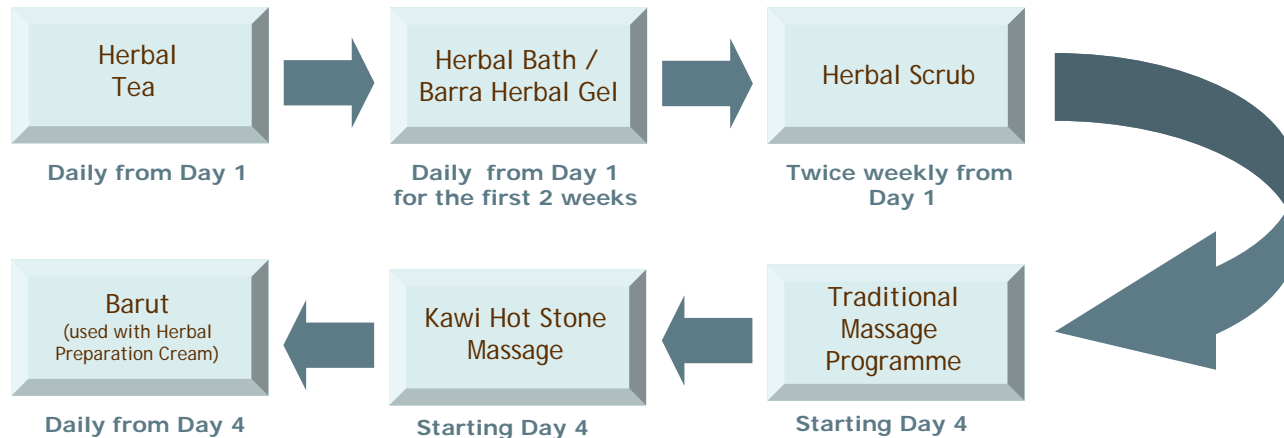
All the products are manufactured in Malaysia by Nona Roguy, a well established Malay herbal manufacturer since 1990. The Nona Roguy body of knowledge and practices date back 800 years. Nona Roguy products combine highly quality herbal ingredients from Malaysia, Indonesia, India, China and the Middle East.

Postnatal Treatment The Malay Way

Treatments



It is recommended to follow the treatments immediately after childbirth to regain a beautiful figure and to avoid mother blues. The treatment programme can be tailored to meet the client's individual needs. Some of the treatments can also be self performed. All products can be purchased separately. Home visit treatments are offered throughout London.



Throughout the traditional massage programme, the therapist is using Herbal Massage Oil for effective results.

Postnatal Treatment The Malay Way

Products



Herbal Tea

Popular amongst ancient Malays this herbal health drink is specially prepared from selected herbal roots and spices. It is an integral part of the internal cleansing programme. Daily intake helps to enhance body vitality by purifying the blood, strengthen and increase body nutrition, reduce excessive body fluid by regulating urination and help relieve fatigue and joint pain.

Herbal Bath Sachet

A traditional herbal formulation used to prevent irritation and infection of the genital area. Malays believe it hastens the recovery of the surgical wounds or cuts during births, and helps improve post birth fatigue. It is also used for bath, hydrotherapy to relieve muscle ache and swelling.

Herbal Body Scrub

Specially created to detoxify, revitalise and smooth the skin. It will remove blemishes and leave you feeling relaxed, soothed and nourished.

Herbal Preparation Cream

Based on a traditional Malay remedy, this herbal cream is used to detoxify, firm and tone your stomach/abdominal area after childbirth. It is used in conjunction with the Barut (body wrapping corset).

Herbal Massage Oil

This ointment is rich with aromatic compounds known for their emollient, antiseptic and calming effect. Used in combination with a Malay traditional massage, it helps to strengthen muscles around the stomach and breasts, reducing stretch marks, relieving joints and muscles pain, and improving blood circulation.

Barut (Body Wrapping Corset)

For centuries, the traditional Barut has been widely used by Malay mothers as an integral part of helping the new mother reduce her weight and regain her figure. The Barut helps push up the uterus, clear water retention, reduce wind and strengthen and firm up the stomach muscles.

It is common for postnatal care women to use the Barut from Day 4 until Day 44 after childbirth. In the old days, mothers used to wrap their daughters after childbirth with the Barut by using the old traditional method in wrapping. However, we have simplified the design of the Barut so you can wrap your stomach/abdominal area with the Barut yourself.

The effectiveness of the Barut

The stomach/abdominal will become visibly smaller after Day 4 of using the Barut. By Day 7 after childbirth your stomach is less swollen, the skin becomes firmer and the size of your waist and pelvic area are reduced. It is advisable to use the Barut with Herbal Preparation Cream from Day 4 until Day 44 after childbirth.



Day 1

Day 4

Day 7

Figure 1

Pictures show the stomach and torso area on Day 1 and Day 4 after childbirth, followed with Day 7 after using the Barut.

Postnatal Treatment The Malay Way

Price List



Home visit treatments

Client confidentiality will be carried out at all times.

The Malay Way traditional postnatal massage (includes Kawi Hot Stone massage and the wrapping of your stomach/abdominal)	1 hour 15 minutes	£90.00
Herbal Bath and Herbal Body Scrub	45 minutes	£40.00
The Malay Way postnatal nutrition consultation	45 minutes	£40.00

Products

Herbal Tea (15 sachets)	£21.50
Herbal Bath Sachet (15 sachets)	£20.00
Barra Herbal Gel (200ml)	£17.00
Herbal Body Scrub (150gm)	£21.50
Herbal Massage Oil (130ml)	£22.00
Herbal Preparation Cream (60gm)	£22.00
Herbal Balm	£ 7.50
Barut (Body Wrapping Corset)	£24.50

Barut Sizes:

Small: Waist 24-27 inches

Medium: Waist 28-31 inches

Large: Waist 32-35 inches

Extra Large: Waist 36-39 inches

Delivery Charges

Delivery charge for multiple items (1 st class recorded)	£ 4.50
Delivery charge for one item (1 st class recorded)	£ 1.50

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Contact



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