

Prenatal Massage

Why should Prenatal Massage be a part of my Pregnancy?

Massage therapy during pregnancy is a wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling). In addition, massage for pregnant women reduces stress on weight-bearing joints, encourages blood and lymph circulation, helps to relax nervous tension -- which aids in better sleep -- and can help relieve depression or anxiety caused by

hormonal changes.

During The Prenatal Massage:

Sideline positioning with supportive, soft cushions is used to alleviate the extra strain on the lower back and pelvic areas when the pressure of massage techniques are applied. Extra strain in these areas can cause unnecessary back or abdominal pain, so naturally we want to avoid any potential discomfort.

Through the second trimester, you may prefer to lie on your back with a small, cushioned wedge placed under one hip to provide a slight elevation. Depending

Relief of Everyday Symptoms

Massage for pregnant women offers a number of benefits, and it's always a good idea to discuss with your therapist any everyday symptoms you'd like to see relieved. Those might include:

- ❖ Headaches can be relieved by massage focusing on the head, neck and shoulders. In addition, maintaining optimal levels of stress relief through massage reduces the chances of migraines or tension headaches by relaxing trigger points and muscle spasms.
- ❖ Muscle tension created by carrying the extra weight of a baby can be relieved by encouraging blood flow to the afflicted areas. This provides more nutrient-rich oxygen and also increases the flow of lymphatic fluid, which sweeps away toxins and metabolic waste.
- ❖ Fatigue, backaches, leg cramps and swelling/edema can all be relieved through various types of massage for pregnant women.
- ❖ The ordinary aches and pains of pregnancy are countered by the release of serotonin, your body's natural anti-pain chemical, which is stimulated by massage.

on where you are in your pregnancy, your therapist may utilize such massage techniques as reflexology, Swedish massage or certain techniques that address your specific requests and needs.

How is pregnancy massage different from regular massage?

The massage is performed with the Mother supported and packed with pillows and lying on her side. Pregnancy therapists have undergone additional professional training to perform pregnancy massages and are typically mothers and parents

themselves who have personally experienced pregnancy from the Mothers perspective.

Many young Mothers and their babies benefit from the absolute

What are the benefits of pregnancy massage?

Pregnancy massage has been found to reduce stress, support circulation and decrease swelling in the arms and legs, and relieve aches and pains in muscles and joints.

It's a popular complementary therapy during pregnancy for back pain, when choices for pain relief, such as medication are and definitely should be avoided.

Not only can massage be physically beneficial, but the human touch can be nourishing and provide emotional support during pregnancy.

Massage therapy is also known to reduce anxiety and

relaxation and support during these trying and exciting days and months.

An hour long prenatal massage can help relax mother, baby and especially your aching back which often takes on lots of strain during latter months and weeks of pregnancy.

In the massage the mother's body is safely, properly positioned and

supported using pillows and padding.

Correct positioning ensures comfort and safety and reassurance for Mother and baby.

Staying Healthy:

Women with normal, low-risk pregnancies can benefit greatly from the variety of massage techniques offered by a professional massage

therapist. However, women in high-risk pregnancies should consult their doctor or midwife before beginning a prenatal massage therapy programs. If you experience discomfort at any time during the pregnancy massage, tell your therapist immediately.