

## PREGNANCY MASSAGE

Pregnancy Massage can help alleviate many of the symptoms and conditions associated with pregnancy. During this amazing time of physical and emotional change, massage can be of enormous benefit to both the mother and baby

Benefits:

Studies show that women who receive regular massages have fewer complications during their pregnancy and labour and that their babies are more settled and content, suffering fewer baby ailments. Although pregnancy is a wonderful time, many changes take place in the mother's body as the baby develops. This can put strain and pressure on the joints, ligaments and organs causing some pain and discomfort which massage can help alleviate. The stimulating effects of the massage strokes help to increase circulation, which will increase the flow of nutrients delivered to the baby via the placenta. Massage aids the lymphatic system by stimulating the white cells of the immune system, encouraging the elimination of waste and toxins, which will help relieve oedema or swelling.

Another benefit of receiving regular massage during pregnancy is that the mother can be more aware of her own body, with the increased ability to relax during the 1st stage of labour. This often results in shorter, easier and less painful births and a lower ratio of postnatal complications. Furthermore, breast feeding is often more successful due to the increase of Prolactin and mammary development.

**Massage During Pregnancy has been found to help alleviate:** Muscle tension Muscle spasm & cramping Sciatic Pain Swelling Oedema Back, neck and shoulder discomfort caused by hormonal and postural change

### ***It Can Also Help Improve***

Quality of Sleep \* Reduce headaches \* Relieve heartburn \* Balance mood-swings and help depression.

What will happen during your massage

We ask you to bring along your anti-natal pack and will carry out a consultation and explain the procedure to you.

A normal massage will include working on the Arms/hands, legs/feet, whole back/shoulder, abdomen and face and scalp. If there are areas of the body that you do not wish to be massaged, this will be respected and your massage will be adapted for your comfort.

During the massage you will be lying on your side and supported by pillows for your safety and comfort.

The Massage helps to prepare your body for the changes that occur during this special time and will help to promote a healthy, happy pregnancy, as well as labour and recovery period.

Pregnancy Massage

**60 minute appointment £45**