

Pregnancy Massage

During pregnancy your whole body is adapting to the new life growing within you and you will face many significant life changes. Your health and vitality have never been more important than it is right now. The physical changes of pregnancy can be stressful and a soothing massage will loosen tight muscles and calm the nervous system. It increases circulation, carrying energy producing nutrients to your cells and eliminating metabolic waste products that can cause fatigue

Massage during pregnancy also helps relieve the discomfort caused from the extra weight and the shift in your body's centre of gravity; it also reduces swelling, calms the nervous system.

Some Benefits of Massage During Pregnancy are:

- Enhanced Circulation
- Reduced Fatigue
- Increased Energy
- Better Sleep Quality
- Feeling Nurtured and Cared For
- Reduction of fluid retention and swelling
- Relief of headaches caused by stress, excess toxins and constipation
- Relief of muscular and joint pain caused by supporting extra weight

With pregnancy massage you will be comfortably supported with pillows and cushions, and during the later stages of your pregnancy you will enjoy a complete massage supported on your side.

I am a qualified Aromatherapist and use essential oils with apricot oil for the massage but only in a very low and safe dilution.

Massage can commence once you have passed your first trimester (12 weeks) and I generally recommend regular massage sessions - fortnightly to monthly up to the last 4 weeks. During the last few weeks of pregnancy clients generally favor more regular sessions - weekly to fortnightly and home visits can be arranged if the client prefers.

I have been working as a massage therapist for over 24 years now.

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Remember that it is as essential to care for yourself in the postpartum weeks following the birth of your baby as it is during your pregnancy. Massage assists in the healing of your body by increasing circulation, promoting relaxation and gently coaxing your body back to its original shape.

I have a been working as a massage therapist for over 24 years and have had amny years of experience with pregnant woman either massaging or exercising.

* Looking for pregnancy pillows for comfort while you are pregnant then go to my online shopping section.*

1 hour \$110