

# Pregnancy Massage



## What is pregnancy massage?

Massage during pregnancy is therapeutic bodywork, which focuses on the special needs of the Mother-to-be as her body goes through the dramatic changes of the childbirth experience.

In addition to the fact that massage during pregnancy just plain feels good, there are many there benefits for the mom-to-be and her baby, too. A study conducted by Dr. Tiffany Field at the University of Miami School of Medicine showed that massage actually reduces stress hormones in the body. Touch is vital to the mother's physical and emotional well being as she adapts to her new body image. Regardless of individual circumstances, a pregnant woman's body is challenged, changed and stressed in many ways. Massage gives special attention to the mother-to-be, which in turn nurtures the new life that grows within her.

## Benefits of prenatal massage include:

- Emotional support and nurturing touch
- Relaxation and decreased insomnia
- Stress relief on weight-bearing joints, such as ankles, lower back and pelvis
- Neck and back pain relief caused by muscle imbalance and weakness
- Assistance in maintaining proper posture
- Preparing the muscles used during childbirth
- Reduced swelling in hands and feet
- Lessened sciatic pain
- Fewer calf cramps
- Headache and sinus congestion relief

## Is Prenatal Massage for You?

Massage during pregnancy is usually safe for most mothers. Your massage therapist will want to know if you are having any problems or complications with your pregnancy before you begin. If you are, then we recommend approval from your primary health care provider before proceeding with any bodywork. The following are circumstances in which massage should not be performed:

- Heavy discharge (watery or bloody)
- Diabetes
- Contagious illness
- Fever
- Vomiting
- Unusual pain
- Preclampsia
- High blood pressure
- Morning sickness
- Abdominal pain
- Diarrhea
- Any malignant condition

## Other precautions:

Direct and sustained pressure should not be applied to the area between the ankle bone and heel, unless requested by the client. This area is considered by many massage therapists and reflexologists to relate with the uterus and vagina, and it is thought that heavy pressure to this area could promote early labor. Assuming there are no other precautions or considerations, it should be all right to massage the rest of the feet.

**The Sunflower Spa does not perform pregnancy massages until the 2nd trimester for the safety of the mother and baby.**

