

Pre-Natal / Pregnancy Massage

Prenatal Massage is a form of therapeutic bodywork that is geared to meet the unique needs of the pregnant woman. Promoting better function of muscles and joints, prenatal massage also improves circulation and overall body tone. Additionally, prenatal massage decreases mental and physical fatigue as well.

Mutually beneficial, by having regular prenatal massage therapy, mothers become more relaxed; thus allowing the new life inside to be nourished. Prenatal massage is usually begun during the 2nd and/or 3rd trimesters of pregnancy. While lying on her side, a pregnant woman can be massaged on her side, in a semi-reclining position, and even on her belly, with the use of a specially-designed pillow. With low lighting and soft music, prenatal massage is performed via gentle massage strokes over the back and entire body.

Helping to relieve sciatic nerve pain and multiple other conditions experienced during pregnancy, prenatal massage is an effective therapy for helping to calm, and promote overall wellbeing. To learn more about our prenatal massage therapy, or if you would like to book an appointment call us at 203.667.4679.