Timbersong Healing Arts Therapeutic Massage & Bodywork

Pregnancy Massage...

A Caring Touch During a Time of Many Changes

Supportive and nurturing for both mother and baby, pregnancy massage is therapeutic bodywork that focuses on the dramatic, structural, physiological and psychological ways the mother-to-be is changed and challenged throughout pregnancy, birth and postpartum.
Pregnancy massage doesn't replace appropriate medical and prenatal care but can enhance your experience during this special time. Sessions are tailored to meet the woman's needs as they change through each trimester.

Potential Benefits of Pregnancy Massage

- Reduced Neck and Back Pain
- Reduced Stress on Weight-Bearing Joints (low back, pelvis, ankles)
- Provides Emotional Support
- Reduced Swelling
- Empowers the Birthing Woman
- Facilitates Postpartum Rehabilitation

How Does a Pregnancy Massage Session Differ from a Regular Massage Session?

- There's more use of semi-reclined (slightly sitting up) and lateral recumbent (on your side) positions than a regular massage session.
- Lots of different size pillows are also used to help you feel supported therefore facilitating relaxation.
- Pregnancy massage helps a woman develop the sensory awareness of how the relaxed musculature of the back, abdomen and pelvic floor actually feels when relaxed. (In order to birth, these areas must remain relaxed to allow the uterus to labor without resistance and, can help you save your strength for pushing later.)
- Some of my pregnant massage clients choose to start the session with a relaxing meditation that I help facilitate. Once learned, it can be another "tool" for a client to use during the birthing process.
- Some clients may choose to have massage during the first stage of labor to help ease nervous anticipation and to help pass time in a supportive way.

Gift Certificates
A unique baby shower gift.

For Questions or to Schedule An Appointment
Call, text or email me through my website

www.TimbersongHealingArts.com

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22 Years of Experience