



Pregnancy Massage

Massage can be very beneficial in helping to prepare the body for childbirth. It is done in a nurturing sideling position tailored to meet your specific needs depending on the stage of your pregnancy and any discomforts you may be experiencing.

Benefits

- Can reduce fatigue, stress and anxiety
- Promote relaxation and better sleep
- Improve blood and lymph circulation
- Relieve neck, back and headaches.
- Relieve sciatica and muscle cramps
- Help prepare the body for childbirth

Contraindications

If you are considered a high-risk pregnancy or experience any of the following, approval from your doctor is recommended before receiving massage treatment.

- Severe Nausea/vomiting
- High blood pressure
- Bleeding
- Persistent/severe headaches
- Decrease in foetal movements
- Feeling faint or dizziness
- Systemic oedema (sudden or full body swelling)

Sessions

90 min \$120

90min is recommended for Pregnancy massage to be able to treat the whole body. Initial massage will include client history and discussion/assessment before any treatment is given.

- Diploma Qualified therapists Jasminde - Practitioner of Pregnancy massage and Rhiannon - Certificate of Pregnancy massage
- Registered with Massage and Myotherapy Australia
- Registered with major health funds
- Loyalty card with every 10th massage free
- Gift Vouchers available

Contact

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