



As you go through many changes during your pregnancy, your body endures both physical and mental stress. These stresses can lead to fatigue and an overall feeling of discomfort in your body. Massage therapy can help restore an overall feeling of wellness and comfort as you go through each stage of pregnancy.

### **When is Prenatal Massage safe for me?**

If you do not have a high risk pregnancy, massage can be received throughout each of the 9 months of pregnancy and modified to meet your changing needs along the way. If your pregnancy is high risk, a letter from your doctor approving massage is required.

### **Is Prenatal Massage different than regular massage therapy?**

What differentiates Prenatal Massage from other massage sessions is primarily the positioning of the patient and a full understanding of contraindications that are specific to a woman who is pregnant. Many massage modalities can be used in a Prenatal Massage. You may prefer an overall Swedish Massage for relaxation and improved circulation, or perhaps a more focused session to help alleviate specific areas of discomfort you are experiencing. The pressure during the massage can range from light to firm, depending upon your personal preference.

### **Can any therapist perform Prenatal Massage?**

Many therapists receive basic training in school to work on a woman who is pregnant. However, it is best to choose a therapist who is certified in Prenatal Massage. Certified Prenatal Massage Therapists understand what is safe for you and your baby when it comes to massage therapy, how to make you the most comfortable during your session, and how to best address your changing needs

### **What are the benefits of Prenatal Massage?**

- Reduced back and joint pain
- Enhanced sleep
- Reduced leg cramps
- Reduced swelling of hands and feet
- Reduced muscle tension
- Reduced Sciatica symptoms
- Improved circulation
- Enhanced immune system
- Reduced anxiety and stress
- Overall feeling of wellness