

Pregnancy Massage

There are a wide range of possible benefits of receiving massage during the prenatal, perinatal, and postpartum phases of client's normal reproductive lives.

~Reduces musculoskeletal strain and pain

~Reduces stress, promotes relaxation, and facilitates transitions through emotional support and physical nurturing

~Reduces negative effects of changes to the circulatory system, including edema, varicose veins, and if blood pressure increases.

~Facilitates hormonal, respiratory, gastrointestinal, urinary, and other physiological process during pregnancy.

AND.....more.