



BENEFITS OF PRENATAL MASSAGE

- Hormone regulation
- Reduction of swelling
- Improvement of nerve pain
- Reduced back pain
- Reduced joint pain
- Improved circulation
- Reduced edema
- Reduced muscle tension and headaches
- Reduced stress and anxiety
- Improved Oxygenation of soft tissues and muscles
- Better quality of sleep

Massage News

NEWSLETTER | 4

APRIL 2014

Pregnancy Massage Therapy

Prenatal and Postpartum Massage Therapy

During pregnancy, the weight has shifted drastically in a woman's body. Weight has been added to the belly, which puts a large strain on the back. Pregnancy can also be a very stressful time emotionally. Massage therapy, both before and after birth, can help relieve these strains in an extremely comfortable way.

Prenatal massage therapy focuses on the special needs of the mother-to-be., while providing emotional support and nurturing touches, it provides relaxation by relieving stress on joints, eases neck and back pain, helps to keep good posture and relaxes and provides flexibility to birthing muscles. Massage can aid the circulatory and lymphatic systems, which can keep blood flowing to both the mother and the baby, and reduce fatigue. It stimulates different glands in the body, which help to stabilize hormone levels, and relieves nervous tension throughout the body. The fetus can also receive warm, loving touches before he or she is born. Massage oils and creams with EFA's and vitamin E included may help with possible stretching of the skin around the belly. Doctors agree that a relaxed mother will be more likely to have a happier and healthier pregnancy, and perhaps an easier delivery.



Sometimes we can even get Father involved and show him how to help ease Mother's discomforts during pregnancy and labor.

Why Massage During Pregnancy?

Massage during pregnancy offers undeniable physical benefits and work to stimulate your lymphatic system increasing immunity and the removal of excess toxins while also stabilizing hormonal levels and balancing the glandular system. Since Hormonal changes can cause depression and anxiety during pregnancy. Many expecting mothers can find relief with a pregnancy massage.

Here at **In8 Massage** our PA Licensed Massage Therapist are all certified on giving Pregnancy Massages. Please consult your doctor or midwife first.

Postpartum Massage

Massage therapy is not only good before childbirth, but also afterwards. Postpartum massage focuses on helping to restore the woman's body to its pre-pregnancy condition. Massage therapy plays an important part in the restoration of the abdominal muscle wall and the uterus to its normal state. It helps to realign the body weight to its original distribution, and tones the over-stretched areas of skin over the belly. As with all massages, it relieves muscle tension and stress from everyday activities, especially new mothering duties. It not only helps restore the physical body to the new mom, but also helps to revive her emotional state. The loving touch of hands can provide a time to relax and reflect for the new mother, and helps to get her through the postpartum blues. When the mother feels good about herself, it is easier to meet the needs of her newborn.



Postpartum massage is designed to help restore the body to its pre-pregnant condition. It also addresses the stress of carrying and caring for a newborn. It can speed the recovery by bringing relief of sore muscles and help the mother to relax more easily. Abdominal massage helps shrink the uterus and relieve subcutaneous scar tissue. It may be given as early as 24 hours after delivery in a vaginal delivery but only with written permission from

your doctor or midwife. No matter where you are in the childbearing year, massage may have many benefits for you and your baby.

How often should mom-to-be come for massage?

Prenatal Massage is recommended monthly until the last trimester, then bi-weekly. If Possible dad can accompany mom to an appointment to learn how to help keep mom comfortable during pregnancy and even during labor.

Buy a Gift Certificate for the Mother-to-be

This is Baby Shower Season, what better gift then to give the mother-to-be, an one hour massage gift certificate from In8 Massage. Her pregnancy massage will promote relaxation, soothe nerves, and relieve her, strained back and leg muscles. A happy relaxed mom means a happy baby.