

# Pregnancy Massage

Pregnancy is a time of enormous physical and emotional change. As the baby develops, this can cause considerable strain on the mother's body, causing some pain and discomfort. Massage can help to prepare the body for the changes that occur during this special time, as well as helping to alleviate many of the symptoms and conditions related to pregnancy. This will help to promote a healthy and happy pregnancy, as well as labour and subsequent post natal recovery.

Massage during pregnancy has multiple benefits for both mother and baby – it provides relaxation, soothes nerves and reduces anxiety. It relieves stress on joints and eases neck, back and leg strain. It also helps with promoting good posture, improving quality of sleep and balancing moods. Massage aids the lymphatic system and encourages the elimination of waste and toxins which helps to reduce swelling (oedema).

## **MUM-TO-BE TLC PACKAGE**

Choose from the treatments on the pamper package treatment list, they will be adapted to suit your stage of pregnancy, the massage and Indian Head massage are done on a special mobile seated massage chair which is perfect for bump!

MINI FACIAL, BACK, NECK AND SHOULDER MASSAGE WITH FOOT & LOWER LEG OR HAND MASSAGE,

**1 HOUR £45**

