MASSAGE THERAPY AND PREGNANCY

BENEFITS OF PRENATAL MASSAGE





Relieves tension headaches

Relieves muscle and joint pain

Relieves low back pain, leg pain,

Reduces symptoms of anxiety and depression

and other musculoskeletal pain

Reduces swelling in the feet and ankles

Promotes better sleep

IS SAFE AND
EFFECTIVE AT ALL
STAGES OF
PREGNANCY

- Pregnant women can be treated side-lying or in a variety of positions, supported by pillowing techniques.
- Massage therapy can decrease pain and anxiety during all stages of labour.
- > Prenatal massage therapy can positively affect newborn health.