**Pregnancy Massage**

Pregnancy massage is the prenatal use of massage therapy to support the physiological, structural and emotional wellbeing of both mother and baby.

*Source: Nurture Life Pregnancy Massage Australia*

**Benefits of Pregnancy Massage**

*Insert Photo of pregnant woman receiving massage*

*Shutterstock ID 657397375 by Africa Studi*o

<https://secure.shutterstock.com/image-photo/young-beautiful-pregnant-woman-having-massage-657397375>

Pregnancy Massage is a professional relaxation massage that:

* Reduces anxiety caused by hormonal changes
* Improves circulation
* Reduces muscle aches and pain; muscle and joint conditions such as backache, shoulder and neck pain, hip pain, leg cramps, oedema and carpel tunnel
* Relaxes tense muscle, tones loose muscle and increases muscle flexibility.
* Enhances vitality and energy
* Reduces fatigue
* Enhances relaxation and improves sleep patterns as it helps to soothe and relax nervous tension
* Increases circulation to the skin

**Is Pregnancy Massage Safe?**

Yes, when the massage is performed by a qualified pregnancy massage therapist, who is aware of your medical and obstetric history. It is recommended to align your massage for just after your ante natal check, so that up to date information is available.

There are times when pregnancy massage is not appropriate.

* The abdomen will not be massaged during the first trimester.
* It is recommended to wait at least one week after amniocentesis, or any invasive procedures.
* If you have a history of blood clots in the legs, any vaginal bleeding, or cramping, pregnancy massage is not recommended.

Certain medical or obstetric conditions will require medical clearance from your obstetrician.

These include;

* Unstable or high blood pressure
* Heart disease
* Placenta praevia
* Cervical incompetence