**Pregnancy Massage Sessions Available**

**Pregnancy Massage Session**

Each session begins with a consultation to assess any high-risk factors, and to review any changes the body has undergone since the last session. This way the massage can be given in a safe manner.

The side-lying position is used with pillows for support. This is a comfortable resting position, and minimises pressure on one of the major blood vessels. This reduces the risk of Supine Hypotensive Syndrome, which can cause dizziness and fainting. Also with this position, there is no pressure on the lower back.

**Duration:** 75 mins session

**Cost:** $115 - including 15 mins consultation.