

Benefits of Pregnancy Massage

- Helps relieve back pain.
- Relieves leg cramps.
- Relieves headaches.
- Helps relieve swelling of the hands, legs, and feet by promoting increased blood and lymph flow. This promotes drainage of toxins from lymphatic system.
- Encourages relaxation.
- Recent studies have shown that massage during pregnancy can lessen anxiety and depression.
- Helps increase circulation, which increases oxygenation to the baby.
- Promotes better sleep.

Women with high risk pregnancy including Pregnancy Induced Hypertension (PIH), Preeclampsia, or previous pre-term labor and those who are experiencing severe swelling, high blood pressure, or sudden, severe headaches should seek the advice of their doctor before receiving prenatal massage.