

Expectant moms experience unique physical and emotional changes that occur as a result of increased weight, shifting posture, and adjusting hormone levels. Massage therapy can help.

Benefits of Pregnancy Massage

- Eases **aches & pains** that may be caused by muscle tension & shifts in posture to accommodate increasing weight
- Increases **circulation**, which can reduce swelling
- Improves **digestion**
- Improves outcome of labor & **eases labor**
- Reduces **fatigue**
- Improves skin **elasticity** that can help reduce stretch marks
- Helps stabilize hormone levels by **lessening anxiety**



The Body Cushion System is available for those that desire a fully supported face down massage