

# Bonne Santé

Therapy Centre

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## PREGNANCY MASSAGE

Most Pregnant women experience pain and discomfort at this time. Both Thai Yoga Massage and Holistic Massage are safe and easily adapted to the needs of pregnancy, (after the 1<sup>st</sup> trimester), providing relief, support and a time of deep relaxation in a safe and supportive environment.

### Benefits of massage in pregnancy

- ◆ Relieves aches and pains
- ◆ Helps to reduce muscular tension
- ◆ Promotes a better nights sleep
- ◆ Calming for baby and mother
- ◆ Helps to reduce swelling
- ◆ Helps manage nausea
- ◆ Increases the supply of oxygen to both you and baby
- ◆ Boosts the immune system of both mother and baby

**HOLISTIC MASSAGE** is a relaxing, therapeutic massage based on Swedish massage techniques. Using base oils that are safe for pregnancy, it can be as gentle or firm as required focusing on areas of need.

**THAI MASSAGE** works on energy lines with a massage of acupressure and gentle stretches unblocking and rebalancing energy. It is given through light loose clothing and all stretches used are totally safe for pregnancy.

Both massages are given with the recipient in laying on their sides and totally supported with pillows to ensure maximum comfort and relaxation.

*A Centre of Excellence for Complementary and Alternative Therapies and Beauty Treatments in Comfortable and Relaxing Surroundings for Male and Female Clients*