

# Pregnancy

# Massage

Pregnancy massage is a relaxing, nurturing therapy providing a soothing touch to help release the emotional & physical tension commonly experienced during pregnancy.

Massage therapy is a wonderful way to unwind, connecting you and your baby in preparation for childbirth and parenting.

Just a few of the many benefits include relief from aches and pains in muscles and joints, decreased swelling of arms and legs, reduced stress levels and discomfort, enhanced nourishment of the skin, and improved mood by calming and soothing the mind, leading to deeper relaxation.

Each massage is tailored to meet your specific needs, whether it be relaxation or deeper pressure to relieve sore muscles. During your treatment you will usually be side lying or semi-reclining and supported with a range of pillows, allowing you to lie comfortably during your massage.

Our therapists are trained in prenatal massage and will be more than happy to help with any queries you may have about positioning, oils or techniques.

Ask at reception or call today on **08 9382 9600**

## Important Information

### Consultation\*

40 min session \$95

60 min session \$115

\*The first part of the initial session will be spent discussing problem areas in order to determine an appropriate treatment plan.

- Health fund rebates are available. Please check for eligibility.
- Gift vouchers available.