

Thank you

for making massage therapy at Gaia Massage part of your prenatal and postpartum care plan.

MASSAGE THERAPY BENEFITS

## Prenatal Massage Benefits

- Reduces stress, promotes relaxation and facilitates transitions through emotional support and physical nurturing.
- Reduces negative effects of circulatory system changes, including edema, varicose veins and increased blood pressure.
- Minimizes discomforts of pregnancy's hormonal, respiratory, gastrointestinal, urinary and other physiological adaptations.
- Reduces musculoskeletal strain and pain.
- Develops the flexibility and kinesthetic awareness necessary to actively participate in the birth process.
- Fosters nurturing maternal touch and healthy bonding.

## Postpartum Massage Benefits

- Reduces musculoskeletal and organ pain.
  - Promotes structural realignment of the spine and pelvis, and reorganization of movement.
  - Contributes to rehabilitation of abdominal skin, muscles and organs.
  - Promotes recovery from Cesarean birth, including healing of the incision.
  - Relieves muscle strain and tension caused by childcare activities.
- Facilitates postpartum emotional, physiological and family adjustments.



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