



Gaia Massage, LLC

PRENATAL • POSTPARTUM • CHRONIC PAIN



BOOK TODAY!



(502)257-5994

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PRENATAL & POSTPARTUM

Massage Therapy Benefits



DURING PREGNANCY

Reduces stress, promotes relaxation and facilitates transitions through emotional support and physical nurturing.

Reduces musculoskeletal strain and pain, while also minimizing discomforts of pregnancy's hormonal, respiratory, gastrointestinal, urinary and other physiological adaptations.

Develops the flexibility and kinesthetic awareness necessary to actively participate in the birth process.

IN LABOR

Contributes to shorter, less painful labor.

Reduces labor complications, medications and interventions.

Improves infant well-being, mother's satisfaction with the birth and family formation.

POSTPARTUM

Reduces musculoskeletal and organ pain, and promotes structural realignment of the spine and pelvis, and reorganization of movement.

Contributes to rehabilitation of abdominal skin, muscles and organs, and promotes recovery from Cesarean birth, including healing of the incision

Relieves muscle strain and tension caused by childcare activities.