



Gaia Massage, LLC

PRENATAL • POSTPARTUM • CHRONIC PAIN

Massage Therapy

when you're trying to conceive



(502)257-5994

info@GaiaMassageLLC.com
GaiaMassageLLC.com



Gaia Massage, LLC

Why

GET A MASSAGE

while trying to conceive?

KEY BENEFITS

RELAXATION

Relaxation techniques have been widely shown to reduce negative emotions in a range of medical patients, more specifically, they have been shown to significantly reduce anxiety scores in women undergoing fertility treatments.

REDUCE INFLAMMATION & PAIN

Massage therapy has proven to reduce inflammation in the body by directly impacting common sources of pain in the musculoskeletal system. This means your body is under less stress.

SAFETY IS OUR FIRST PRIORITY

When you book a session while you're trying to conceive at Gaia Massage, LLC, you're working with a massage therapist with specialized training for the prenatal period, so you can relax knowing you're safe and in good hands.