

## PREGNANCY MASSAGE TREATMENTS

[www.peacefulpractice.co.uk](http://www.peacefulpractice.co.uk)

Massage during pregnancy-as at any other time-is an ideal way to relax and revive body, mind & spirit. Throughout the 40 or so weeks of pregnancy the body undergoes a huge amount of changes, both hormonal and physical. Blood volume increases, the centre of gravity changes, abdominal organs are pushed upwards as the baby grows & develops. These and other factors can give rise to a range of conditions & discomforts such as sciatica, swollen ankles, cramps, carpal tunnel syndrome, heartburn, poor sleep, general stiffness and so on.

It is also a time when maybe strong emotional feelings are experienced and a sense of vulnerability and perhaps, for some women, increased anxiety.

Others may experience a problem-free pregnancy and yet enjoy pregnancy massage for the benefits of improved skin suppleness, muscle tone, circulation, lymphatic drainage and an overall sense of upliftment and revitalisation.

Your baby develops a sensitivity to your moods & feelings, so, as well as helping to relieve many of the discomforts associated with pregnancy, massage can help both you and your baby to remain in a calm and healthy state physically, mentally & emotionally.

Pregnancy massage uses adapted positions in order for a full body massage to be carried out in a way that is the most comfortable and safest for you and your baby, with emphasis placed, where necessary, on treating specific conditions.

A shorter, but no less effective treatment, is Indian Head Massage. This is carried out whilst seated upright throughout the treatment. It is especially beneficial for a stiff, tense upper back, shoulders and/or neck or if there is a lot of mental tension, which makes it difficult to relax. As well as working over these areas, the head massage is incorporated as well as a face massage.

Reiki is a healing, deeply relaxing treatment whereby the client is lying, fully-clothed . No massage strokes are used. Instead the healing energy of Reiki is transmitted via hands held at a variety of points on or above the body.

All treatments are £40

Bernadette King BWYDip, ITECDipAPM, ITECDipIHM is a widely experienced massage therapist, healer and perinatal yoga teacher. It has been her privilege to teach thousands of women during both pregnancy and postnatally. She has developed a wealth of knowledge regarding pregnancy, conditions of pregnancy, preparing for labour & birth and the post natal period over her years of teaching. She has led workshops for the NCT plus NHS midwives. Her treatment room is at Sheel Pharmacy, 312-314 Lewisham Rd. As well as offering massage & healing treatments she can recommend many self help techniques, in a supportive environment which can help with some of the common ailments of pregnancy. For details of pregnancy yoga courses, birth preparation workshops, mum & baby yoga & baby massage courses please see her website or email: [bking@bernadette52.freemove.co.uk](mailto:bking@bernadette52.freemove.co.uk)