



BENEFITS OF MASSAGE DURING PREGNANCY

During pregnancy a woman's body undergoes many changes, some of them stressful and uncomfortable. The expectant woman can benefit in many ways from regular massage treatments:

- The strain of the muscles of the lower back, abdomen and shoulders which increases as the pregnancy progresses can be greatly relieved with regular massage.
- Muscular discomforts such as cramping, tightening, stiffness, tension, and knots can all be alleviated.
- The lymphatic system circulates faster and more efficiently. The result for the pregnant woman is less swelling and more energy.
- By aiding circulation, massage eases the load on mom's heart and helps to keep her blood pressure in check.
- Massage helps carry away the lactic acid and other cellular waste products that build up and cause muscle fatigue.
- Massage helps to soothe and relax nervous tension, which helps the mother sleep more easily and more deeply. Incidentally, doctors agree that a relaxed mother will have a happier, healthier pregnancy and possibly an easier childbirth experience.