

Pre-natal Massage

Can:

- ❖ Relieve pain in your muscles and joints that must support extra weight.
- ❖ Increase flexibility making it easier for your body to make adjustments.
- ❖ Enhance circulation to improve intestinal movement easing constipation, heartburn, and gas
- ❖ Relieve emotional tension and stress to help sleep better and boost energy.
- ❖ Reduce excess fluid retention (edema) by gently encouraging circulation.
- ❖ Slow the process of varicose veins as enhanced circulation lowers blood pressure.
- ❖ Helps to relieve headaches caused by tension, constipation, or buildup of metabolic waste.
- ❖ Ease abdominal soreness caused



escape spa

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Pre-natal Massage Therapy

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@THE GYM,
ARMONK.





Massage is a great way to relax, tune inward and connect with your baby. It can boost energy and relieve discomfort associated with pregnancy.

Massage can be a special gift for you at a busy time when so much is focused on the anticipated arrival of the new baby.

The sooner a pregnant woman starts receiving massage- ideally, once or twice a month- the better.

Touch is a vital to the mother's physical and emotional well-being as she adapts to her new body image.

Regardless of individual circumstances, a pregnant woman's body is challenged, changed and stressed in many ways.

Massage gives special attention to the mother-to-be, which in turn nurtures the new life that grows within her.

Massage can help prepare a woman for labor by showing her what it feels like to truly relax.

A trained prenatal massage therapist knows where a pregnant woman's sore spots are likely to be and may be able to provide some relief, but don't forget to communicate with her and tell her where you need special attention.

Massage is healthy and enjoyable for woman who is experiencing normal pregnancy.*

The escape spa @ THE GYM offers the most up to date facility for pre-natal massage.

The tables can be contoured to support and special cushions are used during the massage for your ultimate comfort.

Your therapist will want to know as much information as possible about your general health and pregnancy.

The health of you and your baby is always top priority here at The escape spa @ THE GYM.

*Always consult your doctor before getting a massage.