

PREGNANCY MASSAGE - IT'S SO IMPORTANT!

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So, I usually talk about the hypnotherapy side of my business but today I want to extol the virtues of pregnancy massage.

I have been a massage therapist for many years practicing here and there, but only in the past year have I made it part of my main occupation. I have fallen totally back in love with it as I continue to see, time after time, how it helps my clients with their health and well being, and sometimes quite profoundly. It should not be just a luxury - it should be a necessity!

I am also qualified in pregnancy massage as well as for non-pregnant humans.

Of course men can benefit from massage - and do. But what I want to do today is to talk about how this beautiful, calming and extremely effective practice can help women not only connect further with their unborn babies, but also connect with the changes within their own bodies. I also want to remind us of the symbiosis between a mum and her baby and that it's basically a two-for-one! The wonders that can be had with regular massages whilst pregnant include, and are by no means exclusive:

- lowering of blood pressure - benefits mum and baby
- reduce swelling - benefits mum and baby
- relieves aches and pains - benefits mum and baby
- encourages optimum position for baby (ie from breech to cephalic) - benefits mum and baby
- moves lymph and other fluids around the body - benefits mum and baby
- promotes better sleep therefore better mental health - benefits mum and baby
- reduction in cortisol hormone for both mum and baby - benefits mum and baby

- promotes mum and baby bonding - obvious who benefits!
- and the list goes on....

I don't recommend pregnant women to flop onto beds but sleep is also one thing that can become so disturbed due to pregnancy, and is a root cause of many other issues. It can also be so easily managed by taking care of ourselves, and one of these ways is massage. Massage has been used for aiding sleep for 1000's of years. It has huge benefits and can reduce a multitude of illnesses and dis-ease within our lives. So when two people are implicated within one body - it becomes a no-brainer.

There are a few misunderstandings of what we can and cannot do when pregnant - like massage - but these I will now blow out of the water!

Pregnancy and massage go hand in hand like mums and babies! Massage not only supports women during pregnancy in a zillion ways but also has huge benefits for the postnatal period. These times in a woman's life are vital. Women should be made to feel empowered and supported by the changes affecting them so significantly, but sadly, this is not always the case. Our pregnancy journeys are often complex and difficult, it's not always bunnies and roses, but it is always a time to reconnect with the body and gather an understanding and acceptance of the multitudes of changes occurring. Massage can bring back control and understanding of these changes and effects of pregnancy, and also provide the space and time that women so need, either during pregnancy, or post birth. So it is so important to remember that when a woman becomes a mum, she is fundamentally still a woman. And she's pretty amazing, beautiful and a wonderful member of the human race. Us women have been ensuring the human race continues, not just by giving birth, but also in so many other ways too - that's another blog - and therefore deserve to have that care and attention given to them, especially while growing and caring for babies.