



Infusion Wellbeing



Pregnancy Massage

What are the benefits?

- 🌸 Relieves many pregnancy-related discomforts, such as headaches, oedema, backache, stiff joints, muscle cramps, and restless sleep
- 🌸 Reduces stress on weight-bearing joints
- 🌸 Encourages blood & lymph circulation to sweep away bodily toxins and metabolic waste
- 🌸 Relieves depression and anxiety caused by hormonal changes
- 🌸 Releases serotonin (your body's natural anti-pain chemical) to counteract the aches and pains of pregnancy
- 🌸 Maintaining optimal levels of stress relief through massage reduces the chances of migraines or tension headaches

When can I have it? From your second trimester onwards (week 13)

What can I expect? After a consultation with our trained therapist, where you will discuss areas of concern and complete a short medical form, you will be given either the 30min back massage or 60min full body treatment.

You will be in a side-lying position with supportive, soft cushions to protect and alleviate the strain on your lower back and pelvic areas. From the second trimester onwards, you may also like to lie on your back with cushioning to slightly elevate certain areas of the body. Other techniques will also be used, such as Swedish massage on certain areas and/or reflexology on your feet. You will never lie on your tummy.

Book today! www.infusionwellbeing.co.uk

