

Ask for a lighter drape or less heat in the room if you are too hot. If your sense of smell is sensitive, ask for unscented lotion or oil. It is fine to interrupt your massage when you need to use the restroom.

Be sure to ask any questions you have about massage in general or your session in particular. Tell your massage therapist if anything feels uncomfortable or if there are areas that you would rather not have massaged (for example your abdomen). If you are not sure about something, be conservative and see how you feel after each massage.

Is massage for you?

Massage cannot completely relieve the discomfort of pregnancy. After your massage, the extra weight is still there, the hormonal changes are still happening, and the stresses of your life are right where you left them.

However, regular massage during your pregnancy and postpartum weeks can relieve your physical symptoms and help you cope with stress. Because it supports your physical health and vitality, massage can help you more easily adjust to the many changes in your body and the demands of your new life. Just taking time out for a massage can improve your outlook on life, making everything seem easier during this time of so many changes.

Preparing for labor

Massage can help you prepare for the birthing process in at least two ways. First, through massage you can increase your awareness of tension in your body and learn how to consciously release it. You can also prepare for labor by practicing focus, breathing and relaxation techniques while a tender area is being massaged. The result will be increased confidence and control during labor.



Valade Healing Arts Center
19229 Mack Avenue, Suite 30
Grosse Pointe Woods, MI 48236

Phone: 313-647-3320

Fax: 313-647-3322

stjohn.org/ValadeHealingArts



ST. JOHN HOSPITAL
& MEDICAL CENTER



ST. JOHN
HOSPITAL
& MEDICAL
CENTER

Prenatal Massage

We welcome the chance to help
you live a healthier life

Prenatal Massage

Pregnancy is a time of changes, some eagerly embraced, and others less welcome. Your entire body adapts to the new life growing within you. You also face important life changes at home or at work, with family or friends. You need and deserve support, especially since two people now depend on your health and vitality.

Massage is a wonderful way to relax, increase your energy, and relieve discomfort during your pregnancy. The caring touch of massage can help you experience your changing body in a positive, accepting way. Massage can also be something special for you at a time when so much of your attention is on the baby to come.

You must be in your 2nd trimester and have written permission from your physician.

Is massage always appropriate?

Massage is healthful and enjoyable during a normal pregnancy. However, because massage is not appropriate for some conditions, your massage therapist will want to know about your general health and your pregnancy. Give as much information as you can and always tell your massage therapist about any changes, even if you are not sure if they are important. Remember, any condition you have now affects two people, one of whom is very small.



Easing aches and pains

Massage can help with many of the aches and pains you experience as your body changes during pregnancy.

Massage can:

- Relieve pain in your muscles and joints that must support added and redistributed weight;
- Increase flexibility, making it easier for your body to adjust to a changing shape;
- Ease constipation, gas and heartburn as general relaxation stimulates intestinal movement;
- Reduce excess fluid retention by gently pushing fluid into circulation where it can be eliminated;
- Slow the progress of varicose veins as enhanced circulation lowers pressure on bulging veins;
- Relieve headaches caused by tension, constipation, or buildup of metabolic waste products.

Learning self-care techniques

Besides the immediate relief you get from massage, you may also learn ways to make your self more comfortable at home. You may find ways to use pillows for support when you are lying down. Your massage therapist might give you feedback on your posture or suggest gentle exercises and stretches to help

relieve tension. You might also learn breathing techniques to help you relax.

Coping with stress and fatigue

Change, even welcome change, is stressful. The tension caused by stress, along with the physical changes of pregnancy, can sap your energy of coping day-to-day. A soothing massage can relieve physical and emotional tension, help you sleep better, and boost your energy.

Massage loosens tight muscles and calms the nervous system. It also increases circulation, bringing energy-producing nutrients to your cells and carrying away metabolic waste products that can make you feel listless. In a massage, you also become more aware of your body, which helps you recognize tension as it builds during the day and consciously release it.

Relax and enjoy a pregnancy massage by a Certified Prenatal Massage Therapist
Call 313-647-3320

Your comfort during a massage

You will be comfortably supported with pillows or cushions during the massage. In later pregnancy you can experience a complete massage comfortably supported in a side-lying position. If lying down is simply not comfortable, you can remain seated for relaxing partial massage.

You will be draped with a sheet everywhere except the part of your body being massaged.