**Pregnancy massage definition--**

Pregnancy massage is very beneficial to both mother & baby! Massage helps guard against anemia, leg cramps, backaches, edema, fatigue, shortens labor, & enhances sleep. Read on for more info:

More & more women are getting massages during their pregnancies & are finding that massage offers them wonderful relief from many of the common discomforts that occur during that time. Still, not everyone is familiar with this type of massage, & may not be sure if it's safe for the baby.

First and foremost, if you are considering getting massages during your pregnancy, make sure your therapist is certified in pregnancy massage. If you don't know of a therapist who offers private sessions, go to [www.massagetherapy.com](http://www.massagetherapy.com), type in your zipcode & pick pregnancy massage from the list of modalities for a short list of local qualified therapists. This is a special time in your life right now, so you want to have massage sessions with someone who is trained in body positioning & understands the changes you are going through. And of course, ask your doctor or midwife for consent to receive massage sessions.

Each trimester can bring different discomforts due to hormonal changes & physical changes occurring in both mother & baby. Massage can offer many benefits such as alleviating fatigue, edema, depression, anxiety, backache, tight hips/buttocks, & sciatica. Pregnancy massage increases flexibility of several muscles that will later be used during labor, as well as improves blood circulation, removes toxins, aids sleep, & helps offer soothing, nurturing touch to both mother & child. Post-partum massage is also recommended to speed healing & tone muscles.

At your initial massage appointment, you will be asked to fill out a health information form. This is important, as your therapist will want to know about any physical concerns you've been having during your pregnancy in case she needs to change the type of massage given. Your therapist will allow you to undress in private & lie on the table under a sheet. During the first few weeks of pregnancy, a woman can lie comfortably on her stomach, & with progressive weeks she will lie on her side with several pillows, or on her back propped up in an almost-seated position. I use the Prego Pillow, a specially-designed, very comfortable, pillow made just for pregnant women which allows them to lie either on their stomach or back. You will remain covered with a sheet during the session, with only the part I am working on uncovered. Massage is always done respectfully & with the client's comfort uppermost in her mind.

Massage is not simply a luxury. It has many physical & psychological benefits to both the pregnant woman & her growing child.



Prego Pillow