

**PREGNANCY MASSAGE** is a treatment which is based on the consideration to the client and her needs during her pregnancy.

Our Staff are taught a series of techniques which are at times soothing to alleviate stress and at other times slightly stimulating to improve circulation and any particular **non** medical conditions which may concern the pregnant client.

The staff use and prepare special equipment and the massage bed to enable the client maximum enjoyment and relaxation for the duration of the massage.

Benefits:

- Relaxation
- Relieves stress
- Increased Musculo-skeletal ease
- Improved Physiological functioning
- Increased Circulation
- Positive Hormone Release
- Postural Improvement
- Placenta Function
- Increased Energy
- Increased Sense of Wellbeing

bodyCushion™



During pregnancy there are vast changes occurring to a mother; hormonally, mentally, physically, structurally and emotionally.

Mothers getting massage have less anxiety, less pain and discomfort during their pregnancy and less complications during labor.

It has been shown that mothers who have been touched during pregnancy, have less complicated and shorter labor.

The immune system is increased by the decrease in stress hormones.

Mothering abilities are increases when nurturing touch is applied during pregnancy.

Give someone who is pregnant the very best gift you can. A superb Pregnancy Massage from one of the internationally qualified staff at Day Spa at Unley Park.

## DAY SPA AT UNLEY PARK

### PREGNANCY MASSAGE



LEVEL ONE  
237-239 UNLEY ROAD  
MALVERN, S.A. 5061

Ph.+61 8 8271 1433  
F +61 8 8373 3358  
[info@dayspa.net.au](mailto:info@dayspa.net.au)