



For You and Your Baby...

Regular massage treatments during your pregnancy and postpartum period can relieve physical symptoms and reduce stress. Because it supports your health and vitality, massage will help you adjust to the many changes in your body along with the demands of your new lifestyle. By simply taking time out for some self-care, both you and your baby will benefit greatly.

"I loved the connection she seemed to have with the baby and how they interacted during the belly portion. They seemed to move in response to each other and she touched him with lots of loving warmth."

-Sally Roeser

"Each massage leading up to this point hit the mark for what I needed. This massage was a pinnacle. Thank you for the education, the outlet of emotion and physical benefit of each visit."

-Cile Plumstead

"I began having massages in the latter part of my pregnancy. If I had known how much more comfortable and relaxed they would make me, I would have started much sooner."

-Anonymous



Living Light

MASSAGE & WELLNESS CENTER

WWW.LIVINGLIGHTMASSAGE.COM

Open 7 Days a Week

Monday - Saturday 8am - 9pm

Sundays 9am - 5pm

231.995.9697



Living Light MASSAGE

Pregnancy Massage

Find relief and relaxation during all stages of your pregnancy with one of our highly trained pregnancy massage therapists. Massage during pregnancy is a gentle and nurturing way to alleviate the discomfort associated with this joyful, yet physically challenging time in a woman's life. A specially designed table allows you to lie face down while supporting the belly, helping you feel secure and comfortable.

*Traverse City's Leading
Massage Therapy Center*

EXPERIENCE RELAXATION, REJUVENATION & HEALING

Coping with Stress and Fatigue

You deserve support, especially since you and your baby now depend on your health and vitality. A soothing massage can relieve physical and emotional tension, help you sleep better and boost your energy.

Along with this wonderful life change comes many forms of stress that can sap your energy for coping day to day. Massage helps carry away metabolic waste products that can make you feel fatigued and ill during pregnancy. This, along with increased circulation, brings energy producing nutrients to your cells.

Pregnancy massage has been found to reduce physical stress symptoms, while providing emotional support throughout pregnancy, making your life a little easier.

Preparing for Labor

Our massage therapists can help you prepare for the birthing process by increasing awareness of the tension held in your body and teaching you how to release it. Being conscious of where you hold stress will increase confidence and control during labor.

Massage also decreases swelling in the arms and legs, and relieves aches and pains in muscles and joints. It's a popular complementary therapy during pregnancy for back pain, when choices for pain relief, such as medication are often limited.

Learning Self-Care Techniques

Your massage therapist will provide information on how to increase your comfort at home. Through pillowing techniques and instruction on gentle exercises and stretches you will alleviate tension and stress on your own.

Postpartum Massage

Don't forget about yourself! It's easy to do when a newborn is now a part of your life. A nurturing massage will help you handle the physical demands of caring for your newborn baby. If you are nursing, a relaxing massage can help since tension interferes with lactation. Also, the combination of emotional and physical release usually leads to more restful sleep and boost in daily energy.

Check with your health care provider before you schedule a massage. When to schedule your first massage will depend on how your delivery went and what your health care provider and massage therapist feel is best for you.



Pre-Natal Massage Table

Mothers-to-be relax comfortably in a face down position during massage therapy. The padded breast recesses and adjustable padded abdominal sling offers support at all stages of pregnancy.

Frequently Asked Questions

Is massage always appropriate?

Massage is beneficial and enjoyable during most pregnancies. It is recommended, however, to inform your primary health care provider before prenatal or postpartum massage. Because massage is not appropriate for some conditions, keep your massage therapist informed about any changes in your health.

What level of clothing will I wear?

Many moms choose to remove all of their clothing, but they are never uncovered, as they're always properly draped by the sheets. Some choose to undress to undergarments. Whatever you choose to wear or remove is completely up to you and your comfort level.

Describe the treatment room?

The room setting for a pregnancy massage is like a normal massage; low lighting, warm and cozy room, extra-padded table, candles and soft music in the background to help you relax and drift off. Feel free to communicate with your therapist if anything needs to be adjusted to help make your massage a better experience.

