

For Mother's Day: Pregnancy Massage

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For new mothers and moms-to-be, Maya offers pregnancy massage, providing support and relief during a time when many changes happen in a woman's body.



“During pregnancy massage, moms-to-be are placed in a comfortable, fully-supported position lying on their side, to take the pressure off of their already stressed joints and ligaments,” says Maya massage practitioner **Genevieve White-Burney**. “In my experience, the most common areas addressed are hips, low back and sacro-iliac joints, as well as the upper back.”

Experts say the therapeutic bodywork of prenatal massage caters to the special needs of the mother-to-be with a noninvasive approach that eases

physical discomfort, preparing her for labor. It also relieves mental fatigue, providing nurturing emotional support.

“**Abdominal massage is offered to an expecting mother** to help ease any digestion discomfort, which is common during pregnancy, as well as increasing blood circulation to the abdominal area, insuring that baby will enjoy the massage as well,” says Maya massage practitioner **Kari Hanson**. “Applying oil to the belly area will hydrate the skin, increasing blood flow to the superficial tissue, which helps to ease the appearance of any stretch marks. So important and therapeutic for mama and baby!”

Additionally, many women experience uncomfortable water retention and even severe edema, especially during summer months. Genevieve points to certain massage techniques, such as lymphatic drainage, that may dramatically reduce this.

“**After delivery**, it can take time for the body to return to its former state,” she adds. “Massage is a great way to provide support for this process as well. Many OB-GYNs are more than happy to prescribe massage for pregnancy-related aches and pains during this time.”

Thoughtful Mother's Day Gift. Women can enjoy massage therapy at any point in their pregnancy -during the first, second or third trimester- as well as after baby is born, with so many benefits:

- Reduces swelling
- Lessens pain, back pain in particular
- Tones loose muscles and relaxes tense muscles to increase flexibility
- Helps decrease insomnia
- Eliminates toxins associated with fatigue
- Strengthens the immune system
- Stimulates the release of the body's natural pain killers
- Helps relieve anxiety or depression
- Can be used during the birth, making the experience easier and more comfortable
- Eases stress mothers often feel after the birth

As a gift or for yourself, call the Studio to book a pregnancy massage appointment today. 425.271.0200.

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