

Pre & Post Natal Massage Information

Before booking in your pre or post natal massage or if you are gifting it to someone who is pregnant, **PLEASE READ** the following carefully, as these are a specialised massages. If you have any further questions upon reading the following information please do not hesitate to get in contact.

Firstly the benefits of having this massage for any mum to be are as follows:

- Helps aid relaxation of both mother and baby
- A great stress-relief especially for anxious mothers to be
- Will reduce muscle tension, cramps, spasms & myofascial pain as the body naturally changes especially in the lower back, neck, hips and legs
- Can help to keep the posture aligned as the bump grows
- Helps with blood and lymph circulation, which can reduce swelling
- Lowers the stress on weight bearing joints
- Boosts the pliability of skin as well as the underlying tissue
- Can help to improve the outcome of labour as well as labour pain



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Pre & Post Natal Massage Information

So now we have discussed the benefits we need to cover the serious stuff. As much as here at PURE Holistic Beauty we would love to massage every mum-to-be unfortunately there are some contraindications that will prevent some from having this wonderful treatment. If any of the following apply to you then unfortunately this treatment is not suitable. We will not put yourself or your baby at risk by doing so. Please be honest with yourself when reading.

Absolutely **CANNOT** perform the pre – natal pregnancy massage:

- Incompetent cervix
- Multiple gestation (pregnancy diabetes) – risk of premature labour
- Ruptured membranes
- Pregnancy induced high blood pressure
- Neutrisis
- Kidney / UTI Infections
- Fevers
- Contagious diseases (including cold/flu)
- Under the influence of drugs / alcohol (including prescription pain meds)
- Recent operations or injuries
- Skin diseases
- HIV, Hepatitis & Cancer
- Positive Homan's sign
- Any abnormal oedema
- Recent bleed
- Pre eclampsia

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Local contraindications below mean we can perform with care but may need a midwife or doctors consent to go ahead:

- Varicose veins
- Undiagnosed lumps / bumps
- Bruising
- Cuts
- Sunburn
- Any undiagnosed pain
- Inflammation (inclusive of arthritis)
- Breast / bumps
- Early spotting (midwife confirmation needed)

If any of the above apply you may be refused treatment or have it rescheduled as the health of yourself and baby far outweigh having the massage.

If you have any queries please do not hesitate to contact us.

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