

Prenatal and Baby Massage



Babies go through a lot during their journey in their mother's womb before entering the world. It's often the mission of mothers-to-be to find ways to make their babies more comfortable during that time. There is a mountain of evidence supporting massages as a holistic treatment that can be used alongside traditional medicine to improve results. A pregnant woman's body goes through a lot of stress during pregnancy and these massages can greatly improve her comfort and health, which in turn improves the health of her baby.

Can a Massage Be Done On Pregnant Women and Infants?

Massages are done specifically for infants and pregnant women and take into consideration their unique needs and problems. There are also aromatic oils used together with the massages to further create specific healing effects. With prenatal massages, special pillows are placed to support the baby and not interfere with its growth.



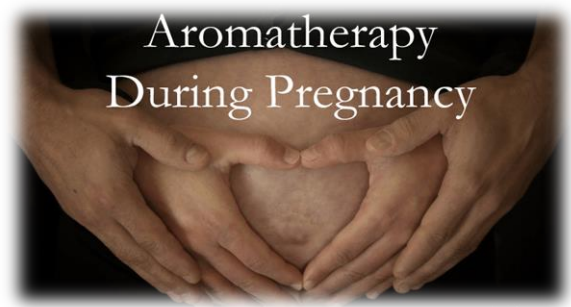
Pregnancy is a time of many changes for the woman. Physically, the posture and center of gravity changes as the baby grows and can lead to problems and unnecessary stress on top of the hormonal changes women go through. Prenatal massages target these problems specifically, and target stress in the body.



While prenatal massages can start at any time, it is preferred to only start after three months as that is the period when the most dramatic changes in the body occur. This also lets the woman know if she has any medical conditions that mean prenatal massage should be avoided.

Unborn babies are thought to start to respond to touch by the 13th or 14th week of pregnancy. It's thought that the main way an unborn baby benefits from touch is through the effect it has on you.

What Essential Oils can be used during Massage?



Aromatherapy essential oils can help not only during pregnancy, but also during labour and delivery. These oils are truly the simplest form of comfort measures during pregnancy and birth as they can be used for massage or as an inhalation.

- *Lavender*: versatile oil that can be used throughout the entire pregnancy. Help to thaw muscle tension and promote relaxation. If a woman is having a water birth, drops of lavender oil can be added to the water as well as it is safe for the baby.
- *Frankincense*: Can be used during labour. It helps to relax the emotions of a woman. It can be used both as a diffuser as well as a massage on the belly or lower back side.
- *Peppermint*: The smell of peppermint can be used to reduce nausea during pregnancy.
- *Clary Sage*: Helps accelerate contractions.
- *Rose*: Helps relax and soften ligaments, thus making it easier to open and pelvis to give birth. It can be applied as a massage on the belly or lower back side.
- *Jasmine and Geranium*: oils which give feelings of joy, peace and confidence, so the woman feels less discomfort during delivery.

What is a Baby Massage and what are its Benefits?



The baby massage is much more than just a simple massage as we know it. It also acts as an avenue of communication between parents and their newborn before the child can fully comprehend speech. This makes baby massages an excellent way for new parents to get more comfortable with handling their child. It has also been shown to help with cases of post natal depression and to build a stronger bond between the baby and both parents.

The best time to do the massage is after a bath and not when the baby is crying and is already irritated. It's important to remove rings or bracelets while doing the massage to avoid injuring the baby. The KMC (kangaroo mother care) position is very good for massages and a newborn's health. The first method used was started in 1978 in Colombia. The method involves placing the baby on the mother or father's breasts, skin to skin. This especially benefit babies born very prematurely (as it helps to regulate the temperature of their bodies and regulate breathing), helps to establish breast feeding and with KMC you give your child continuous contact and the baby feels relaxed as if still in the womb. While in this position, the mother or father can do gentle massage on the baby's back.

For the first massage, the parents should take their baby to a qualified therapist so that they can be shown the proper movement. The therapist will check if the child suffers from anything and then show the parents exactly what the movements should be so that they can do it themselves. Each massage should last about 10-15 minutes.

In order to make sure your baby is comfortable and healthy; you have to do the same for yourself. You need to be reassuring for your baby, so that s/he has a peaceful environment.



The arrival of a new baby can bring many changes to a family and is not always possible due to many factors, making it difficult for bonding. Massage can be a way to create quality and precious time between parents and baby in order to generate trust and communication. It is also important to prepare older siblings for an addition to the family. Discussing the pregnancy in terms that make sense to kids, making some arrangements, and including kids in the care of the newborn can make things easier for everyone.

****Should you have any query, please contact the therapist. For serious and persistent health problems seek also medical advice, each treatment is tailored to the needs of the individual.***