

# MASSAGE THERAPY



SAW MILL CLUB

## Massage for Pregnancy

### The Benefits and Contraindications of Pregnancy Massage

Massage is a perfect way to reduce stress and promote general well-being. During pregnancy the human body undergoes many changes, some of them stressful and very uncomfortable. Massage addresses common aches and soreness associated with pregnancy.

All massages are performed by NYS licensed and certified professionals.

#### Massage can Relieve:

- stress and tension
- muscular discomforts including:
  - muscle fatigue
  - backaches
  - headaches
  - stiffness, tension, and knots
  - leg aches and cramping
  - edema, swollen ankles and feet
- depression, and anxiety

#### Massage can Improve

- circulation and blood pressure
- energy and vitality
- sleep and relaxation
- mood and emotional stability

#### Avoid Massage if the Expectant Mother:

- has morning sickness, diarrhea or fever
- notices a reduction in fetal movement over a 24 hour period
- has excessive swelling in her arms, legs, feet or hands
- has poor circulation in her legs
- is inactive or has been put on bed rest
- has any vaginal bleeding or abnormal discharge

#### Avoid Massage on Anyone who has

- a serious disease
- a serious wound
- recently torn tendons, ligaments or muscles
- fractures or infected joints
- skin, bone, or muscle diseases
- an infection
- a fever

	Member	Non-Member
60 Minutes	\$150	\$170

- \* 24 hour notice is required for all cancellations or full appointment fee will be charged.
- \* New clients: please arrive 10 minutes prior to your appointment.
- \* If someone has a medical problem, or if you have any questions or doubts about their medical condition, always check with their doctor first.
- \* Massage is not recommended in the first trimester of pregnancy.

Non-Members Welcome.

To schedule an appointment please call (914) 241-0797

For additional information, contact Nicole Pisano, LMT at (914) 733-4064.