

About Prenatal Massage

"Pregnancy is a miraculous process and should be a time when a woman makes every effort to tune in her body and baby with the support of her surrounding." - Dr. Christine Northrup, 1998

Pregnancy is truly one of life's greatest joys. For many women, this time of expectancy is also marked by uncertainty, as the changes brought by pregnancy invariably raise questions and concerns. And in a matter of weeks, the future mother gains a few kilos, and the added weight places greater stress on the joints, back and legs.

Massage is an effective way to relieve some of the discomfort associated with pregnancy, promote greater body awareness and reduce psychological tension. Together with proper nutrition and exercise, massage helps the expecting mother and her baby enjoy a healthy pregnancy experience.

Pregnancy massage provides many benefits, it:

- Relieves back pain
- Contributes to a good night's sleep
- Facilitates breathing
- Promotes relaxation and well-being
- Provides nurturing touch and emotional support
- Increases circulation of fluids
- Supports the mother-to-be with physical strains of pregnancy
- Assists expectant mother in maintaining proper posture at work and daily activities

Recommendations for massage for the childbearing period:

First Trimester: 1-2 massages per month

Second Trimester: 2-3 massages per month

Third Trimester: 1 massage per week

Esther Larose

Massages with Esther are side-lying supported with pillows, described by some clients as "the most relaxing position to be in". It is an ideal position both before and after baby is born as it fully supports the body and there is no pressure on the tummy or chest. Prenatal sessions include Swedish (light or deeper work) and pressure point massage.

Esther is fully bilingual and has offices in both NDG & on the Plateau (Montréal), she can be reached at (514) 569-9129. Appointments are subject to a 48 hour cancellation policy. Gift certificates are available.

Insurance receipts provided.

Couple's private massage class

In this interactive session, you will learn specific techniques, strokes and pressure points to safely use during pregnancy, labor and for general relaxation after birth. The class emphasizes hands-on training. The mother-to-be participates by guiding her partner's touch and pressure and by relaxing under pressure.

Taught without the use of oil, the class covers a 5 - 15 minutes massage routine to be used at home. Done properly, massage can be effective and still be as quick and easy and you want it to be. Some techniques are also useful during labour, according to the moment-to-moment needs.

A short, well-applied massage will leave you feeling refreshed, calmer and healthier.

Benefits for Partner:

- Learning to comfort and soothe expectant mother and labouring woman
- Learning to adjust the pressure with expectant mother's feedback
- Confidence of new ways to offer real physical help during pregnancy and childbirth
- Happiness in being part of the pregnancy

As Mary Pustilnik, C.C.A. writes: "By doing massage at home first, a man can learn how to touch in a nurturing way before he must know how to do it during the birth of his child." And we would add, to feel comfortable touching and holding his newborn.

These sessions are perfect for pregnant mothers who would like a regular massage and but cannot always receive what they need. You will be pleasantly surprised how much better you feel after this quick home-made routine!

Session is taught privately, lasting 1½ hour.

Offered on the Plateau and the NDG area.

Please both wear comfortable clothes.

Hand-outs provided.

Excellent compliment to Yogaspace's Couples Workshop for Childbirth!

Offert aussi en français.

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