

Mum to Be Massage Pre & Post Treatment Care

Before Your Mum-to-Be Massage

To help you enjoy your treatment fully:

Drink plenty of water before your appointment.

Eat a light meal or snack beforehand.

Wear comfortable clothing.

Let your therapist know how many weeks pregnant you are and if you have any pregnancy-related concerns or discomfort.

Take your time getting onto and off the treatment couch, and let your therapist know if you need extra support or cushions.

After Your Mum-to-Be Massage

Following your treatment, allow yourself time to relax and enjoy the benefits.

Continue to drink plenty of water.

Rest if possible and avoid overexertion.

Gentle movement or a short walk can help maintain circulation.

You may feel deeply relaxed, tired, or emotional after your treatment, which is a normal response.

Listen to your body and take time to enjoy the feeling of calm and wellbeing.

Taking time to rest, relax, and care for yourself supports both your wellbeing and your pregnancy journey.