

Pregnancy massage

10 SPECIAL TOUCH TECHNIQUES

Touch has been used therapeutically for as long as living memory. Try these special techniques...



1. Grasp, roll and 'knead' neck and shoulders, following Mom's pressure preferences.

Skin care strategies

Massage is an ideal way to nourish an expectant Mom's skin to keep it glowing, hydrated and supple, and to keep stretch marks and blemishes away.

- Before massage, apply tissue oil to those areas most susceptible to stretch marks.
- Tissue oil or a safe body lotion can be used on all other body areas during massage to keep skin supple and healthy.
- Itchy skin responds well to tissue oil that contains vitamin E and avocado oil.

Safety

- Women with high-risk pregnancies should only get a full-body massage with a trained therapist.
- Safe massage positions include side-lying, sitting on a birth ball, standing supported against a table or seated comfortably.
- If you feel uncomfortable, stop or adjust your position.
- Don't lie on your back for prolonged periods in the third trimester.
- Rub limbs towards the heart.
- Belly massage must always be gentle.
- Only use oils or creams that are safe for use in pregnancy.
- Take care not to pinch flesh.

2. Use circular thumb pressure along both sides of her spine, then squeeze and release the flesh on either side of the spine.



Sequence

1. First massage neck, shoulders and back.
2. Move on to arms and hands.
3. Massage her abdomen next – she could lean back slightly, lie on her side or stand.
4. Move on to her hips, legs and feet.
5. End with a few relaxation techniques.

3. Roll your forearm up and down her back, then place both forearms vertically beside the spine and push firmly, asking Mom to exert counter-pressure.



6. Massage her arms by pulling firmly from wrist to shoulder with both your hands, then use your thumb to 'walk' over her hands. End by gently pulling each finger between your index and middle fingers.



4. Apply sacral pressure with your fist or palm, and massage in a circular direction.



5. Stroke your fingers gently from top to bottom of her back a number of times.



8. With Mom on her side, rub in a firm but gentle circle over her hip – first one side, then the other.



7. Massage her belly (bare if using oils, or covered with a thin top only) with gentle circular palm touch. Follow this by 'dancing' your fingertips all over her belly.



9. Massage Mom's legs in a similar fashion to her arms, then 'thumb-walk' her feet gently.



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- Stretch mark prevention and alleviation
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B.O.N Liquid Gold Tissue Oil has many special features:

- Easily absorbed and non-greasy
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Benefits

Extensive research shows that the benefits of touch techniques are:

- A significant drop in prematurity
- Reduced pregnancy and postnatal depression
- Stimulation of the skin and nervous system, while soothing nerves
- Improved blood and lymph circulation
- Supple ligaments and tendons
- Relief from pregnancy aches and pains
- Better sleep patterns
- Enhanced immunity

Clinically proven results

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B.O.N's sensitive skincare range also helps maintain beautiful skin with their 100% Natural Olive Oil Soap, Intensive Hand & Body Moisturiser and Anti-Ageing Face Cream.

