

Massage and Reflexology Sessions (Prenatal, Postpartum and Non-pregnant Women or Baby):

(1-1/2 hour sessions; by appointment) I offer massage and reflexology treatments with massage oil, lotion or raindrop therapy which includes reflexology using pure therapeutic grade essential oils and Hot and Cold stone therapy.

Benefits of Massage:

- Reduces the stress levels by sedating and restoring the nervous system
- Signals both the sympathetic and parasympathetic systems to correct, restore and balance.
- Decreases anxiety
- Calms stress hormones
- Pain reducing
- Encourages blood vessels to dilate, waste products and toxins to be reabsorbed and excreted
- Helps tissues to be oxygenated, pain diminished and inhibits the central nervous system.
- Decreases chronic muscle tension
- Restores balance to overstretched muscles
- Releases tension in contracted tissues
- Normalizes joint range of motion
- Enhances circulation and brings nutrients to the tissues while reducing waste products and fatigue.
- Speeds up the sluggish circulatory and the lymphatic system, relieves congested veins, minimizes swelling in the extremities, normalizes blood pressure and eases varicose veins.
- Internal or tissue respiration is enhanced.