



MOMMY MASSAGE TREATMENT



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Just as your body changes, the aches and anxiety begins to grow. At that time it is best to opt for a massage. Paras Bliss provides you specialized massage services – during pre and post pregnancy.

WHAT IS A PREGNANCY MASSAGE?

A pregnancy massage is pre delivery and post delivery specialized treatment that aims at massaging the stress points, relieving pain and anxiety. This treatment includes specialized equipment to accommodate a woman's belly and is best recommended during the later stages of pregnancy & should be continued post pregnancy also.

BENEFITS OF PRE & POST PREGNANCY MASSAGE:

The special stroke massage treatment has various benefits for women – pre delivery and post delivery. Some of them are:

- Lowers anxiety levels
- Decreases back pain stress
- Decreases leg pain
- Improves sleep due to relaxation
- Decreases levels of stress hormone – Norepinephrine
- Increases levels of feel good hormone – Serotonin and Dopamine
- Decreases levels of Cortisol - an indicator for stress
- Relaxes the muscles and relieves pain

Massage therapy during pregnancy complements the prenatal care. It also relieves the mother of the normal discomforts that she is experiencing – stiffness in the back, neck, leg cramps, swelling and headaches. Moreover massage therapy helps in relaxing the weight bearing joints and improves the blood circulation.



BENEFITS OF OPTING FOR SPECIALIZED MASSAGE SERVICES:

Specialized massage treatment:

The massage therapy is as per the requirements of the woman. A therapy can be shortlisted and recommended by the Massage Therapist or can be opted for as per the need. The specialists use a combination of latest therapies – reflexology, aromatherapy, swedish massage to relax you.

The various treatments used are:

- **Aromatherapy** – Relaxation massage therapy using specialized oils to relax the painful muscles
- **Deep Tissue Massage** – Specialized massage that use deep pressing using tissues to press the muscles and relieve the pain
- **Swedish Massage** – A technique that uses deep stroke therapy to bring joint mobility
- **Shiatsu** – Accupuncture technique that revitalizes the body and relieves pain
- **Reflexology** – a specialized technique in which pressure is applied on the feet, thumbs and the fingers with oils to relieve the stress and pain



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OUR SPECIAL PROGRAMS

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