



Synergy

Wellness for Mind, Body, Soul & Skin

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Heidelberg Heights, VIC 3081

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Open 7 Days
By Appointment Only

Health Rebates and
Workcover Accredited
(Myotherapy and
Remedial Massage Only)

Pregnancy Massage

30 & 60 Minutes

Massage and Myotherapy is being increasingly successful during pregnancy, labour and throughout the post-natal period. This therapy corrects muscle pain and imbalance and provides stress relief, pain relief and relaxation.

Massage and Myotherapy has many benefits for mother and baby:

- Improves circulation and healing
- Improves lymphatic drainage
- Relieves tension and releases tightness from muscles and tendons
- Helps to correct postural imbalance as the baby grows
- Increases metabolic rate therefore breaking down food for mother and baby
- Increases peristalsis therefore helping constipation
- Promotes relaxation to mother and baby

A thorough Massage session will take at least 1 hour, during which time you will be completely supported by specially designed pregnancy pillows. You will be completely draped with only the body part being massage exposed at any time. The room will be quiet and comfortable with soft and soothing music for the ultimate relaxation experience. No essential oils are used in the massage.

