


# 3 Ways Postpartum Massage Can Help New Moms

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Having a baby brings happiness to moms all around the world. At this time, you go through many changes. *During the postpartum period, you may experience sleeping difficulties, hormone fluctuation, soreness, and swelling.* A postpartum massage can be as beneficial to a new mother as massage during pregnancy.

New moms need time to recover. *Massages are known to bring various health benefits to new mothers such as improving the healing process, breast milk production, and reducing depression.* Here is how massage after giving birth can help you recover.

## 1. Relieves Pain

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New moms experience normal discomfort during and after their pregnancy. Breastfeeding mothers commonly experience strain and pain in their back, shoulders, and hands among other areas. A visit to [a massage spa](#) is essential in eliminating postpartum pain by encouraging the supply of blood and oxygen in the aching muscles. Furthermore, *massage is known to boost the production of endorphins. These hormones are natural painkillers and help new moms feel relieved.*

## 2. Reduces Stress

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One of the greatest benefits of massage is that it enhances blood circulation, which helps in the relaxation of muscles. The flow of blood and oxygen in the muscles helps in eliminating stress hormones such as cortisol and norepinephrine and other toxins. It supplies the *much-*

*needed energy in the tired muscles that played a vital role in holding the pregnancy and during the delivery.*

Some new moms also experience anxiety and depression, which is mainly attributed to hormonal changes. *Receiving regular massage can help mothers overcome these challenges by boosting the production of “feel-good” hormones like dopamine and serotonin.* The massage provides emotional support that is very important during this transition.

### 3. Boosts the Healing Process

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Postnatal massage provides many benefits if you have undergone a cesarean section. It takes time for the wound to heal and it's recommended to not be so active in the first few weeks. A *gentle* massage near the wound enhances the supply of blood in the area. *This helps in encouraging internal healing.*

*Licensed Utah massage therapists at [Matrix Massage Spa](#) will ensure you are handled properly and respectfully after your C-section.* We are experienced in knowing how to place you in the right position during the massage. It is important to speak with your doctor first before scheduling a massage. Most doctors recommend waiting a minimum of 2 weeks.

## Schedule Your Postnatal Massage at Matrix Spa & Massage in SLC, Utah

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***New moms deserve to feel relief, pampered and beautiful after giving birth!*** If you reside in Salt Lake City, Utah, [schedule a massage](#) at [Matrix Massage & Spa](#) upon becoming a new mom. We are determined to improve the lives of new mothers. Contact us today to hear a full list of [our services](#) and [schedule an appointment](#) for a massage. [Check out our coupons and spa packages.](#)