

Benefits of Massage for New Moms

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The nine months of a curious mix of pampering and pains have finally yielded the fruit that goes beyond your expectations. But the pampering does not end there. New moms should treat themselves to generous doses of caring massage that does not just nourish their bodies but replenishes their souls and gives them their well-deserved relaxing breaks. Their arduous days thanks to taking care of a new-born and being bombarded with the stress of too much advice, deserves massage breaks.

Whether it is the first pregnancy or the fourth, the body goes through the same wide range of physiological, hormonal and emotional changes. Most women take massages when pregnant to nourish their bodies and provide the best for their yet-to-be-born. But they often forget about themselves right after their child is born and become too involved in the lives of their young one. While paying attention to the new-born is of utmost importance, the next most important thing to do is care for themselves – the new mom. Even if the new mom was not able to take advantage of a pre-natal massage, it is important to take advantage of the post-natal or postpartum massage due to the following reasons.

Alone Time

New moms don't have any time for themselves, even for a short shower or a proper nap, so the relaxing massage will be the perfect opportunity for new moms to take care of themselves. This will not just be a physical break, but also an emotional one, that will allow new moms to spend time with themselves and take stock of their lives and organize themselves better.

Relief from Aches and Pains

Massage helps relieve various muscular aches and pains that accumulate due to lack of physical exercise and repeated need to support the young one. It also helps remove any metabolic wastes and medications still in the system. It can help relieve the body of uncomfortable constipation. The regular aches of new moms like those of the upperbody from breast feeding, lower back from rocking the child or sitting too long, or leg aches from moving around with child, bending and lifting, can be cured with massage. Massage helps release endorphins, which are natural pain killers secreted by the brain.

The Benefits of Massage for New Moms

Having your new baby was exhausting. Now it is time to do something for yourself!

All the changes you went through can leave you with aches and pains.

The weight gain puts more stress on your joints.

And there is the constant emotional stress.

You are important too! As you enter this new phase in your life, a full body massage can help you recover more quickly from your nine months with child.

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A massage can remove the tension in your back from pregnancy, breast feeding, and rocking your baby to sleep.

Working the kinks out of those thigh muscles and ankle joints can offset the strain of constantly moving, walking, lifting, and sitting with your baby.

Take some time for yourself. Unburden yourself of all that stress. You have been through a lot. Let someone dote on you for a while. After all... you are worth it!

Prepare the Body

Regular massages for new moms will prepare the body for the upcoming stresses of when the child grows up and starts moving around. It also helps bring the body back to the pre-pregnancy state. The kneading and stroking actions help tone and tighten the stretched areas of the tummy. It also lightens stretch marks with the use of almond-based oils and lotions.

Rejuvenate

Quite often many new moms experience a curious phenomenon of frustration, depression combined with tiredness. All this is due to a hormonal imbalance and is perfectly natural. Massage helps relieve the mind of its stress. It helps cope with postpartum depression and also helps new moms engage in an activity where the mom is at the forefront.

What is great about massages for new moms is that it can happen within the comforts of the mom's home. Many massage places also offer day care facilities for young children or make provisions for the child to stay with the mother till the mother is comfortable leaving him or her with someone else.

Massages are not just for those people who are under stress because of work or arduous physical activities, they are also for moms who are dealing with the huge responsibility of a new-born's life and have themselves undergone a tough time physically. So, go ahead and pamper yourself with a massage, today.

