

# Pregnancy Massage in Salt Lake City

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100% Satisfaction Guaranteed



## Prenatal Massage

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Prenatal massage is important for women, mainly due to how much discomfort and stress accompanies pregnancy. Especially in the later stages of pregnancy, women often struggle to sleep well due to the physical, mental, and emotional changes they are experiencing. They also often feel cramped, bloated, and ill. **A trained massage therapist can help a pregnant woman feel markedly better**, helping them to sleep better and recover quicker (physically, mentally, and emotionally).

Due to pregnant women's changing bodies, they often have to find the just-right position when lying down, especially after a certain point in the pregnancy when they can no longer lie flat on their backs or on their stomachs. **Matrix Massage's staff put the utmost emphasis on providing support for pregnant women** to guarantee their comfort and safety during massages. We use various implements to help in this task, such as orthopedic body support cushions.

It should be noted that Matrix Massage & Spa emphatically opposes recommendations for the use of pregnancy massage tables, which are massage tables that have a hole cut out of the middle for the woman's belly to fit. We do train all of our staff to help pregnant women comfortably be positioned on the orthopedic equipment with sideline cushions. It is specifically structured for comfort and safety. **Our equipment avoids putting pressure on the client's breasts, uterus, or lower back**, which are often sensitive and not protected by massage tables.

We are experts on pain relief and comfort for pregnant women. We work hard to help our clients work through the stress and strain of pregnancy. Our pregnancy massage therapists are fully trained and will take every step to make sure you are comfortable and taken care of.

## Benefits of Pregnancy Massage

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Pregnancy massages – ranging from prenatal massages to postpartum massages – confer a number of benefits to both you and your baby. These benefits include:

1. Increased circulation throughout the body; this not only helps with swelling, but it also helps oxygen better reach your baby
2. Restful sleep and better breathing
3. Physical relief, particularly to the back and pelvic area
4. The process of delivering the baby can be accomplished more quickly and with less pain
5. Improved ability to deal with emotional issues following delivery, including anxiety and depression
6. Improved physical health

***Pregnancy Massage reduces stress, decreases swelling in the arms and legs, and relieves aches and pains in muscles and joints.*** It's a ***popular therapy during pregnancy for back pain***, when choices for pain relief, such as medication, are often limited. Not only can massage be physically beneficial, but the human touch can be comforting and provide emotional support during pregnancy.

We would like you to come try our pregnancy massage services to see if they can help you with the problems you face – we would be happy to help you!

## Postpartum Massage

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After you have given birth, you can also seek our postpartum massage services, which are designed to help you with physical and emotional recovery following the potentially stressful experience of birth. It can be a great way to reward yourself and make you feel better in general. You've certainly earned it!

## Comments

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