



PREGNANCY MASSAGE AUSTRALIA PRESENTS



NurtureLife®

Specialising in delivering perinatal massage therapy

What is NurtureLife®?

NurtureLife® is a holistic perinatal massage therapy method developed by Pregnancy Massage Australia that supports women who are nurturing new life. NurtureLife® was born from a desire to share our specialist knowledge and natural support techniques with women on their journey through pregnancy and beyond. Certified NurtureLife® practitioners deliver specialised massage treatment that focuses on nurturing both mother and baby. When looking for a pregnancy massage specialist look for a NurtureLife® practitioner and you will be in the best hands.

The NurtureLife® massage experience has a natural, comprehensive approach to perinatal care, offering a broad range of support with a unique focus on massage.

What are the benefits of NurtureLife®?

Pregnancy is a constant state of change; a NurtureLife® pregnancy massage specialist offers wonderful support through the perinatal period. The body undergoes many changes and the discomforts of pregnancy can be relieved.

At NurtureLife® we believe a well supported mum will have a wonderful journey into motherhood. Regular NurtureLife® pregnancy massage helps to support the many changes occurring from week to week, allowing the body to adapt through the pregnancy. We focus on the mother baby connection creating a warm, safe, secure nurturing environment where mum can rest relax and recharge.

The NurtureLife® experience assists in relieving many of the common causes of discomfort during pregnancy.

Some examples include:

- Insomnia is eased through improved sleep patterns
- A greater sense of relaxation helps to reduce stress and anxiety levels
- Specialised massage techniques are delivered for pain management, addressing groin pain referred from the uterus, lumbar, back, pelvic, hip pain, and rib pain common in the third trimester
- Shoulder and neck massage helps to relieve tension, and is also beneficial while in the breastfeeding position
- Hormonal headaches are reduced
- Oedema, swelling and discomfort in the legs and arms is eased, which reduces the risk of carpal tunnel syndrome
- Leg cramps are minimised due to improved circulation
- Focus on mother baby connection
- Relaxation techniques
- Gentle exercise including pelvic floor

**For more information contact
Pregnancy Massage Australia**

www.pregnancymassageaustralia.com.au
e: info@pregnancymassageaustralia.com.au

[03] 9571 6330

NurtureLife®

Specialising in delivering perinatal massage therapy

NurtureLife® for postnatal care

The early postnatal weeks are the time for your body to readjust and recover from the birth and pregnancy. The joy of adapting to new motherhood can also be exhausting, as the body is undergoing many changes. At NurtureLife® we aim to enhance the mother's physical and emotional well-being during this time through a variety of methods, again with massage as the central focus.

We consider the body spent 9 months creating a new life and overnight we are presented with a new baby. This is the optimum time when the body requires support to adjust and unwind the 9 months of pregnancy. NurtureLife™ for the postnatal period is wonderful time to recharge readjust the mind and body to motherhood. New mums need time to relax and reduce any pain or discomforts onset in pregnancy or labour; what better way to achieve this than with a nurturing massage?

Massage promotes:

- Greater vitality and less fatigue for mothers
- Helps soothe nervous tension resulting in improved sleep
- Reduces baby blues and the sense of anxiety and stress
- Regains strength and ease muscle tension
- Relieves the breast feeding posture, relax neck and shoulders
- Reduces swelling
- Strengthens and tones abdominal muscles

We love to see the new babies in our clinic as they sleep peacefully while mum gets her massage. You can visit the clinic, arrange home visits with one of our team, and we will happily see you in hospital as well.

Private health Fund rebates are available.

For more information on how to find a NurtureLife® practitioner near you, please visit:
www.pregnancymassageaustralia.com.au

To become a registered Certified NurtureLife® Practitioner, please go to our online 'Course Catalogue'.

For more information:
e: info@pregnancymassageaustralia.com.au

[03] 9571 6330



NurtureLife® Pregnancy Massage Packages

NurtureLife® Lotus - The full NurtureLife® experience



- 6 pregnancy massages
- Labour preparation massage
- NurtureLife® Massage for Labour
- Partner training
- Complimentary postnatal massage

NurtureLife® Rose Bloom



- 4 pregnancy massages
- Labour preparation massage
- NurtureLife® Massage for Labour
- Partner training
- 50% off a postnatal massage

NurtureLife® Sunflower



- 3 pregnancy massages
- Labour preparation massage
- Postnatal massage

Each package includes a "Just for Baby" organic skincare pack, perfect for the hospital bag.



PREGNANCY
MASSAGE
AUSTRALIA