

Take a Pregnancy Massage Course and begin to change people's lives.

NurtureLife® Massage for pregnancy, labour and beyond

By Catherine McNerney - Director, Pregnancy Massage Australia®



Can you imagine being immersed into learning about and delivering pregnancy massage; nurturing and supporting a woman through her pregnancy and sharing her journey to motherhood?

Pregnancy Massage Australia® (PMA) is Australia's leading training provider in the field of Pregnancy, Labour and Postnatal Massage. Pregnancy Massage Australia® is the culmination of over 18 years of study and hands-on experience supporting women in pregnancy, labour and postnatally through the delivery of massage.

Offering a comprehensive training program, PMA aim to build greater awareness around the importance and effectiveness of massage before, during and after labour. PMA have developed an holistic perinatal massage therapy method called "NurtureLife®" which helps support women who are nurturing new life. Catherine McNerney, Director of Pregnancy Massage Australia®, believes all women shouldn't be in pain and discomfort through pregnancy, hence the birth of the NurtureLife® Practitioner Training Program.

So why take our Pregnancy Massage course?

Expectant mums need to know that the many discomforts of pregnancy and pain during labour can be relieved. Certified NurtureLife® practitioners deliver unique specialised massage treatments that focus on nurturing both mother and baby during this exciting time.

Taking a course and becoming a NurtureLife® Practitioner will give you a greater understanding of the complex changes occurring in pregnancy and allow you to delivery specialist pregnancy massage, filling mums with confidence knowing they are in trusted hands. Pregnancy is a time of many adjustments and challenges; some mums breeze through pregnancy while others experience common, or sometimes more complex, presentations. Knowing how to meet the varying needs of each pregnant client requires comprehensive knowledge of the changes in pregnancy through each trimester.

NurtureLife® Practitioners learn how to ease lower back, hip and sciatic pain, pelvic girdle pain and pubic pain, ligamentous pain, leg cramping, restless legs and oedema, rib discomfort, shoulder and neck pain and carpal tunnel. They also help manage abdominal changes and encourage a mother-baby connection. Our treatment protocols are delivered with a focus on safety and best treatment outcomes to maximise the benefits for both mum and baby.

Pregnancy is never static; it is constantly changing because of the growth and development of miraculous new life. Following the pregnancy journey, you will become familiar with how unique each trimester is and recognise what defines trimesters 1-2-3 and how treatment is developed.

You can also learn how to teach partners massage for labour. Research shows that massage in labour reduces labour time and that massage can be used as a non-pharmalogical approach to pain management in labour.

Fourth trimester massage offers time to rest, recover and restore - the perfect way to bond mum and baby after birth. Massage offers mums complete recovery from labour, re-energising the body, and also easing breast feeding discomforts. We often hear mums say, "I wish I found your services earlier!"

If you'd like to join our growing NurtureLife® family and become a holistic perinatal massage therapist that supports women who are nurturing new life, please contact Pregnancy Massage Australia® for more details.