



NURTURE[®]
LIFE



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.

**NurtureLife[®] is registered by
Pregnancy Massage Australia[®]**

For more information:

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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