

Just Pampered Maternity Massage Pre and Post Treatment Guidance

Pre Treatment

- ✓ Before arriving for your treatment, ensure you have eaten a light meal to curb any nausea.
- ✓ Feel free to bring snacks with you just in case you begin to feel unwell.
- ✓ Wear some comfortable clothing, we want you to feel relaxed.
- ✓ On arrival at the salon, take a visit to the ladies room but don't worry, if you need to use the toilet during treatment we have a robe and slippers ready for you at any point.

What happens during treatment?

The massage lasts approximately 60 minutes but you will move from one side to the other and in a semi reclined position with your comfort in mind at all times. Treatment includes decollete, arms, neck, shoulders, scalp (optional, please say if you do not wish to include your scalp), back, waist, hips, thighs, lower legs and feet. The therapist will assist you into a comfortable position and we apply oils designed specifically for use in pregnancy.

Post Treatment

- ✓ Drink plenty of water. We know we say this to everybody, but this is even more important during pregnancy to remain hydrated
- ✓ Do not rush to get off the treatment bed. We don't want you feeling lightheaded.
- ✓ Take your time, get dressed and take a seat in the relaxation area
- ✓ Drive home with the window slightly open to ensure you get enough fresh air
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin

How is it different to regular massage?

The maternity massage is carried out by therapists that have completed specialist training in how to safely administer massage during pregnancy. It includes various positions designed for your comfort as a priority. Please speak to your therapist if you have any concerns.