



CAYMAN MASSAGE & WELLNESS

Integrative Wellness



CLINICAL MASSAGE THERAPY

Prenatal Support & Comfort

**For more information or to Book Online
Visit : www.caymanmassage.ky**

Pregnancy brings significant physical and hormonal changes that can affect posture, circulation, sleep, and muscle comfort. Many women experience back pain, hip discomfort, swelling, or tension as the body adapts.

Massage Therapy Perspective

Prenatal massage focuses on supporting the changing body while prioritizing safety and comfort. When performed by a licensed professional, massage therapy can be safely adapted for all stages of pregnancy.

Supportive Care

Prenatal massage therapy uses gentle, pregnancy-appropriate techniques and positioning to support relaxation, circulation, and musculoskeletal comfort. Sessions are tailored to each stage of pregnancy and individual needs.

What You Can Do at Home

- Use supportive pillows for rest and sleep
- Practice gentle movement and posture awareness
- Prioritize rest and hydration

Who It's For

- All stages of pregnancy
- Pregnancy-related back, hip, or pelvic discomfort
- Muscle tension and fatigue
- Stress and sleep support during pregnancy

Licensed prenatal massage supports comfort and well-being throughout pregnancy.

