



**CAYMAN MASSAGE & WELLNESS**

Integrative Wellness



# CLINICAL MASSAGE THERAPY

## Prenatal Support & Comfort

**For more information or to Book Online**

**Visit : [www.caymanmassage.ky](http://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.



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