



# Mum's Treat

*Tender Loving Care*



“Being pregnant lasts nine months but the joy of becoming a mum lasts forever”

Pregnancy brings with it a variety of side effects, some less pleasant than others. All pregnant women can expect to experience at least a little stiffness and muscular tension during their pregnancy as their body expands to accommodate their growing baby. A hormone called Relaxin is released which makes your joints looser, hence capable of stretching, especially around your hips, back and ribs.

Massage therapy can be misconstrued as being 'harsh or disruptive', which is very far from the truth, if performed in a professional caring and well monitored environment. Our Mauritian culture in all its diversity and history is well versed in the art of '*Chauffe Vente*' or '*Fer Frotter*'. The difference is that nowadays, with modern understanding of science & technology and our endeavour to seek natural and ecologically friendly alternatives, the concept of Massage Therapy as an adjunct, is well-established, and has taken a holistic approach.

## **Benefits of Massage Therapy:**

- Helps relieve oedema or swelling by stimulating circulation throughout the body.
- Reduces back pain, head and neck stiffness, joint and leg cramps.
- Relaxes anxiety, stress and irritability during pregnancy, and promotes more restful sleep.
- Allows for a better preparation for the process of delivery (perineal massage) and breast feeding, etc...

Women can begin massage therapy at any point during their pregnancy. Care must be taken to use softer massage techniques in the first trimester and many women request firmer massage during the second and third trimester as the pelvis and spine start to move and shift.

**Cranio-Sacral therapy** is also used to rebalance both the energy and the physical body. It relieves the effects of daily stress and the residual body-memories of past emotional and physical trauma. This helps the mother-to-be and the baby prepare for the birth together. It gently improves mobility in the mother's pelvis so her baby can more easily assume an ideal position for birth, thus promoting a timely, easier delivery for Mum and Baby.

New mothers tend to feel physically and mentally tired due to stress of delivery either through normal delivery or C-section. Most would experience back ache and soreness.

Post pregnancy massage has many benefits, irrespective of how you gave birth. It soothes sore areas, relaxes tense muscles and rejuvenates both physically and emotionally. It also helps the body revert back to a firm and fit state. Abdominal massages help tone up the skin and flatten the muscles.

### Postnatal massage helps to:

- Reduce post-partum swelling and stretch marks;
- Shrink the uterus to original size and tone up the pelvic floor; hence reducing risks of urinary incontinence;
- Relieve the muscle strain caused by childbirth.



### Is it safe to get massages after a caesarean section?

Yes, it is safe to get a massage after a C-section as long as you take certain precautions. Most doctors will ask you to wait a couple of weeks before getting a massage to allow the caesarean cut to fully close up. After about 5-6 weeks, a scar tissue will have formed on your scar. Specific massage oils can help reduce the scar reaction and help heal the incision.

### When to start post natal massage therapies?

Normal Delivery: 4-5 days after delivery.

Caesarian Section: 3 weeks to 1 month subject to your gynecologist's approval.

**Urban Retreat** has associated itself with qualified midwives and therapists to provide you an exquisite **Mum's Treat**, the best of care for our Mums and mothers-to-be. Our paramedical team of therapists knows exactly what areas to avoid and what areas to focus on, in order to provide new mothers the optimal benefit to suit their individual needs. We use a mix of **craniosacral and traditional postpartum therapies** to assist our mothers along their journey into this beautiful adventure.

### How about Baby Massages and Therapies?

Upon request, specialised therapists will be most obliged to extend their skills to simulate the warm and gentle waves that your womb procured to your baby while it was inside you, using well established techniques.

#### For bookings and further information:

3, Volcy Goupille Street, Beau Bassin

☎ (230) 454 1114

✉ [urbanretreat@yourservice.mu](mailto:urbanretreat@yourservice.mu)

#### Opening Hours:

Monday to Friday: 0930-1730

Saturday: 0900 -1730

 Urban Retreat