

bellabaci™ Nourished Mama Pregnancy Massage

Indulge in the ultimate relaxation with our specially curated Pregnancy Massage using the luxurious Nourished Mama Massage Balm. Enriched with natural ingredients, the Nourished Mama Massage Balm provides nourishment and hydration to your changing skin, helping to alleviate dryness and promote elasticity. The delicate aroma of botanical extracts creates a serene ambiance, allowing you to unwind and connect with your growing baby on a deeper level, leaving you rejuvenated and revitalized. We prioritize your safety and comfort, ensuring that you are positioned in a supported and cozy manner, so you can fully embrace this transformative experience. Whether you're looking for relief from backaches, or swollen feet, or simply seeking a peaceful escape, our Nourished Mama Massage Balm is the perfect companion for your prenatal massage journey.

PRODUCTS NEEDED

- 500g Nourished Mama Balm
- Soft Body and Super Cups (Optional)

CONSIDERATIONS FOR EACH TRIMESTER OF PREGNANCY

GENERAL GUIDELINES

1. Conduct a thorough health intake before the first massage and update it at each session.
2. Be cautious of varicose veins and deep vein thrombosis.
3. Teach the client proper body mechanics for sitting up from a supine position to avoid abdominal strain.

FIRST TRIMESTER

During the first trimester, when the embryo is developing its core neurological system, gentle and nurturing massage is more suitable than deep manipulations as this stage carries the highest risk of miscarriage. Cupping should not be performed during this trimester.

SECOND TRIMESTER

The second trimester is marked by a growing belly and a reduced risk of miscarriage. After 22 weeks, avoid supine positioning instead, use side-lying positioning. Soft cups can be incorporated into the body massage, but the torso should not be worked on with cups.

THIRD TRIMESTER

This stage is an excellent time for receiving a massage. The side-lying position is typically the most comfortable for massage sessions in this trimester. By following these trimester-specific guidelines and precautions, therapists provide appropriate care and support throughout each stage of pregnancy.

POSITIONING TECHNIQUES DURING PREGNANCY

SIDELYING POSITIONING

This is employed for two reasons:

- Avoid putting pressure on the abdomen and breasts
- Prevents pressure on the large blood vessels in the abdomen

It offers a relaxing posture that allows access to one side of the body at a time, enabling the practitioner to perform complete shoulder and hip mobilizations. Various pillows and bolsters are utilized to support the neck, hip, belly, and superior leg and foot to ensure optimum comfort. Most commonly used after 22 weeks gestation. This position can be adopted at any point during pregnancy if it is more comfortable for the client. Pillows support all body arches, with muscles in a neutral position. The protruding belly is supported with a small wedge, rolled towel, or thin pillow.

SEMI-RECLINING POSITIONING

It proves to be an excellent position for certain situations and is sometimes preferred by clients who face discomfort while side-lying due to hip problems, nausea, or heartburn, or simply desire an alternative to the side-lying. A step stool might be necessary to access the client's head and back more easily.

The semi-reclining position is useful in various situations:

- When the client experiences discomfort in side lying.
- When a client encounters excessive heartburn, nausea, or nasal congestion in a lateral position.

BREATHING DURING PREGNANCY MASSAGE THAT CAN BE USED

Breathing and connecting during pregnancy can be a powerful way for a mother to deepen her bond with her baby and promote relaxation and emotional well-being. These practices can be incorporated into prenatal massages to create a more nurturing and relaxing experience for the mother and promote a stronger connection between her and her baby.

CONSCIOUS AND INTENTIONAL BREATHING PRACTICES:

Encouraging slow, full breaths into the belly can help the mother relax physically and ease emotional tension. This deep breathing also increases oxygen flow through the placenta, nourishing the baby inside.

VISUALIZATION:

Using inspiring imagery can enhance relaxation. Visualizing positive scenes or experiences can help the mother feel more at ease during pregnancy and labor.

BELLY BREATHING:

Placing hands on the mother's belly and back can encourage the flow of energy from the kidneys to the uterus. The mother is guided to inhale through her nose. On the exhalation, she tightens her abdominals slightly.

LIGHT BREATH:

Place hands on the mother's sacrum and between her scapulas, helps her draw a slow breath down her spine, imagining it as a column of light filling her whole body and circulating around her belly. It brings health, vitality, and love to the baby and enhances the mother's capacity to nurture life.



Nourished Mama Massage

Head and Neck Techniques for Relaxation and Stress Relief

Massage can provide headache relief, improved sleep, and increased awareness of postural stresses to address

TECHNIQUE 1:

1. Stand behind the client, facing their head. Warm the oil in your hands and then wrap your left hand around the front of the client's shoulder, gently pulling downward.
2. Place your right palm at the base of the occiput (back of the head) and apply slight upward pressure to create traction in the neck.
3. Use your palm to compress and apply pressure along the neck, moving from the occiput to the shoulder.

TECHNIQUE 2:

1. With your right forearm or hand just above the left hand (wrapped around the shoulder and providing traction), slide your hand upward along the neck and rest it at the base of the client's head.
2. Apply gradual traction to the head using the heel or palm of your hand, creating a gentle stretch for the neck between the two points.
3. Slide back down the neck with compression to replace the left hand on the shoulder with the right hand, while the left hand moves up and over the right hand to provide gentle traction at the occiput.
4. Repeat this continuous hand-over-hand movement, with the left hand applying occipital pressure and the right hand providing shoulder traction. As the right-hand moves upward, use your right thumb to stroke along the levator and trapezius muscles, pressing into their attachments at the base of the occiput.

Massage for Back

During pregnancy, the extra weight of growing breasts and changes in posture can cause the chest to collapse inward, putting stress on certain muscles. To address this, massage can help stretch the anteriorly pulling muscles, release trigger points, and improve posture and breathing. Effective strokes for this area include effleurage, petrissage, and traction. During pregnancy, the erector spinae muscles work hard to maintain an erect posture while the weight pulls the body forward. Back massage can help alleviate stress and tension in this area.

STEP 1 CLIENT LIES ON LEFT THE SIDE

Apply Nourished Mama Wellness Balm to the back and shoulders with general effleurage and kneading movements on the shoulders.

STEP 2

Drag your fingertips hand-over-hand across the shoulders and down the back to the hips.

STEP 3

Move the client's arm, palm out, behind her hip. Mobilize the shoulder while performing rotaries with thumb around the scapula.

STEP 4

Perform knuckling on neck and shoulders.

STEP 5

Use your thumbs to make small circles firmly down either side of the spine, moving downward. Direct pressure toward the feet to avoid pushing the client forward.

STEP 6

Perform knuckling on the lower back followed by fanning movement (circular stroking with hands). Moving around the bed to the front of the client.

STEP 7

Stand on the client's anterior (front) side, using a stepstool if needed. Reach over her side and perform deep kneading into the erector spinae of the upper back.

STEP 8

Stroke from the head toward the lower back, avoiding strokes on the spine that could increase lumbar lordosis and end with a hand effleurage. Cover client if needed.

Massage for Legs:

During pregnancy, relaxin loosens ligaments, leading to misalignment and soreness in the hips and sacroiliac joint. Tension also builds up in the lateral hip rotators. Massage can help alleviate hip aching and improve posture. Pregnancy weight can cause aching in the legs, and calf cramps may occur. Massage can help reduce discomfort.

STEP 9

Drape to expose the superior (upper) leg. Apply Nourished Mama with a hand effleurage to the full leg including the feet.

STEP 10

Perform fanning, and thumb pressure from the knee upwards.

STEP 11

Using the heel of your hand, apply pressure and slide from the iliac crest (top of the hip bone) toward the greater trochanter (outer part of the upper thigh/hip), then reverse the motion and slide back toward the sacrum (lower back/base of the spine)

STEP 12

Make small circles or knuckling from the knee upward to the hips and lower back.

STEP 13

Kneading the Thigh

- Stand on a step stool above the client and work on the flexed superior leg from the anterior side.
- Use the palm and heel of your hands to compress and slide up the quadriceps and hamstrings, starting from the upper lateral thigh close to the gluteals. Alternate hands as if kneading bread, squeezing upward and sliding down incrementally.



Nourished Mama Massage Protocol

OPTIONAL - CUPS

Always work from above the popliteal to the upper thigh / buttocks or as high as allowed by management.

- Drain the Superior upper leg using the Soft Body or Soft Super Cup on light suction. Maintain full hand contact. Repeat x 3.
- Perform Fish bites using the Soft Body or Soft Super Cup with Level 1 (light) suction from the knee to the top of the thigh. Stand on the side of the table when using the Soft Super Cup and use both hands to squeeze and release the cup.
- Drain with cups. Repeat x 3.
- Perform Effleurage on the upper thigh with hands only. Repeat x 3.

Note: Always ensure that your hands are flat on the body to avoid the pinching effect caused by fluid retention in the region.

STEP 14

Calf - Stand on the client's anterior front side. Reach over the leg and perform kneading.
(Squeeze and slide your hands, moving one hand toward the feet and the other toward the head, then back again. Use your hip motion to assist your hands.)

STEP 15

Calf - Perform rotaries with your thumbs from the ankle upwards to the knees and follow with knuckling.

OPTIONAL

- Drain with the Soft Body Cup towards the popliteal lymph node from the ankle using Level 1 (light) suction. Repeat x 3.
- Perform Fish bites from the ankle towards the popliteal lymph node using the Soft Body Cup with Level 1 (light) suction. Repeat x 3.
- Using the triangle technique, perform circles using the Soft Body Cup with Level 1 (light) suction. Repeat x 3.
- Effleurage the full leg with hands only. Repeat x 3

STEP 16

Assist the client to turn over onto her other side and repeat STEPS 2-4, and STEP 6-15

STEP 17

Assist the client to turn onto her back.

STEP 18

Feet - Gently dorsiflex the feet (bend them upward toward the shin) and rotate them to loosen the joints. Then, using firm pressure, spread or 'fan' the tissue across both the top (dorsal) and bottom (plantar) surfaces of the feet. Finish by firmly squeezing the spaces between the toes, right where they connect to the main part of the foot — at the metatarsal-phalangeal joints.

STEP 19

Feet - Perform soft Knuckling, using a loose fist massage with the knuckles at the bottom of the feet, and support with the opposite hand on top of the foot. Repeat x 3.

OPTIONAL

- Perform the Boat, standing on the foot of the massage bed and using a soft Body Cup with light suction pressure, twist the cup on the bottom of the foot with a Thumb- Fingers Squeeze Hand Position. Repeat x 3.

STEP 20

Apply light pressure over the foot indicated this area is complete. Repeat on other foot.

Massage for Arms and Hands:

Many pregnant women experience edema and discomfort in their wrists and hands. Massage and stretches can help alleviate this discomfort. Here's what you can do:

STEP 21

Apply Nourished Mama Balm to the arm using a full hand effluarage including the hands.

STEP 22

Spread open the client's palm with your thumbs, sliding and compressing across the palm.

STEP 23

Optional: Perform the Boat, using a soft Body Cup with light suction pressure, twist the cup in the palm of the hand with a Thumb- Fingers Squeeze Hand Position. X3

STEP 24

Manipulate the wrist with a circular range of motion, including flexion, and extension.

STEP 25

Use the flat of your thumb to strip the arm extensors and flexors from the wrist toward the humerus.

STEP 26

Apply general kneading and knuckling on upper arm including deltoid, biceps, and triceps.



Nourished Mama Massage Protocol

OPTIONAL

- Drain with Soft Cup on light suction using the L-Shape technique with full hand contact from elbow to shoulder, covering the full upper arm. Repeat x 3.
- Perform the Fish Bite from elbow to upper arm using the Soft Cup with light suction. Repeat x 3. Repeat on the Left arm.
- Perform circles with the Soft Cup, starting at the elbow and working your way up to the shoulder, covering the full upper arm in 3-4 pathways using light suction. Repeat x 3.
- Drain from elbow to shoulder again.

STEP 27

Perform hand efflurage and repeat on opposite arm.

STEP 28

Apply Nourished Mama Balm to the decollete using a full hand efflurage.

STEP 29

Perform knuckling on decollete, upper arm, trapesiuz and neck.

STEP 30

Perform hand efflurage.

STEP 31

OPTIONAL: Perform scalp massage.

