

# bellabaci<sup>TM</sup> 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

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 Shoulders and Chest

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.

### STEP 1

Begin with general effleurage and petrissage on the shoulders.

### STEP 2

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

### STEP 3

Position the client's arm straight on her side or draped over her left arm. Place both your hands on top of the shoulder and gently traction down toward her feet while mobilizing, stretching, rocking, and rotating the shoulder.

### STEP 4

Move the client's arm, palm out, behind her hip. Mobilize the shoulder while applying friction to tight points behind the scapula, at the rhomboid attachments.

## Massage for the Back

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 5

Apply oil to the back and shoulders. Stroke down either side of the spine, across the trapezius, and to the sacrum.

### STEP 6

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

### STEP 7

Stroke from the head toward the tailbone, avoiding strokes up the spine that could increase lumbar lordosis.

### STEP 8

Stand on the client's anterior side, using a stepstool if needed. Reach over her superior side and perform deep petrissage into the erector spinae of the superior back.

## Massage for Lateral Hip Rotators and Gluteals:

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.

### STEP 9

Drape to expose the superior leg. Use fanning, compression, and thumb pressure toward the trochanter attachments of the gluteals and lateral hip rotators. Cupping drainage can be included.

### STEP 10

Press and slide with the heel of your hand from the iliac crest toward the trochanter, then back toward the sacrum.

### STEP 11

Make small circles with your thumbs along the sacroiliac joint and just below the crest of the ileum.

### STEP 12

In the third trimester, apply gentle pressure directly into the sacral foramen and just lateral to the foramen.



# Nourished Mama Massage Protocol

## 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 9

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

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 10

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

### STEP 11

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

### STEP 12

Apply general petrissage to the deltoid, biceps, and triceps.

### 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.

## Massage for the Legs

Pregnancy weight can cause aching in the legs, and calf cramps may occur. Massage can help reduce discomfort.

### 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.
- Perform general massage to the iliotibial (IT) band, hamstrings, and quadriceps.

### STEP 14

Compression of Thighs and Iliotibial Band

- Stand on the stepstool above the client and work on the flexed superior leg.
- Press with the back of your extended fingers against the IT band.
- Compress into the IT band and slide around the leg. Squeeze and slide from under the leg back up to the IT band, moving toward the knee with each compression.
- Fan on the IT band and quadriceps tendons just above the knee.

### OPTIONAL

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.
- Perform Zig zags by gliding the Soft or Super Cup from side to side, working your way up. Repeat x 3.
- 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 15

Calf

- Stand on the client's anterior side. Reach over the leg and grasp the gastrocnemius and soleus with both hands.
- 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.

### 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.
- Perform Zig zags by gliding the Soft Body Cup from side to side, working your way up from the ankle. Repeat x 3.
- Effleurage the full leg with hands only. Repeat x 3

### STEP 16

Feet

- Dorsiflex and rotate the feet. Fan the dorsal and plantar sides of the feet with firm pressure.
- Squeeze the points between the toes, where they meet the main body of the foot at the metatarsal-phalangeal joint.

### 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.
- 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.

### STEP 17

Assist the client to turn over onto her other side and repeat STEPS 9-16

