

What is *P*renatal Massage?

Massage during pregnancy is therapeutic bodywork which focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of the childbirth experience. It gives special attention to the mother, which in turn nurtures the new life that grows within her. Benefits of prenatal massage include relaxation and decreased insomnia; stress relief on weight-bearing joints, emotional support and nurturing touch, lessened sciatic pain and reduced swelling in hands and feet.

Mommy-to-be Package:

30 minute footbath

55 minute massage

Complimentary glass of juice

\$75.00

Treatments at:

The Highlands Day Spa

4365 Inverness Dr

Post Falls, ID 83854

www.highlandspa.com

Call for appointment:

208-773-0773

