

We are Happy to Announce That We Are Doing Business at Our Second Location Serving
Surrey, BC!



Call Us Now



Postpartum Massage at Delta, BC

At Fountain
Wellness

Giving birth is a miraculous process but can also be physically and emotionally taxing. Many new mothers choose to get a postpartum massage to help them relax and recover. And is a way to help moms to heal from the stress of childbirth.

The Postpartum Period

The postpartum period, following childbirth, is a significant phase of adjustment and change for new mothers. This stage contains physical and emotional changes.

**Physical
Changes**

Body Recovery

**Emotional
Changes**

Mixed Emotions

**Emotional
Changes**

Sleep Deprivation

**Nurturing
Well-Being**

Navigating the

The body undergoes a healing process after childbirth, involving the contraction of the uterus, recovery of vaginal tissues, and hormonal adjustments.

Hormonal Fluctuations

Hormones that surged during pregnancy begin to stabilize, contributing to changes in mood, energy levels, and physical sensations.

The postpartum period can elicit various emotions, from joy and fulfillment to moments of uncertainty and fatigue.

Identity Shifts

New mothers often navigate shifts in self-identity as they balance their needs with the demands of caring for a newborn.

New Responsibilities

Learning to care for a baby's needs, adjusting to a new routine, and managing various tasks contribute to the emotional landscape.

Irregular sleep patterns due to baby care can lead to exhaustion and impact emotional well-being.

Physical Discomfort

Recovery from childbirth can bring discomfort and pain, adding to the challenges of the postpartum phase.

Self-Care Struggle

Balancing self-care, baby care, and potentially returning to work can create stress and overwhelming feelings.

postpartum period requires acknowledging these changes and challenges. Seeking support from loved ones, practicing self-care, and reaching out for professional assistance can aid in promoting a positive transition.

By recognizing the significance of this phase and addressing its unique demands, new mothers can foster their well-being and create a foundation for a healthy and fulfilling postpartum experience.

Process of Postpartum Massage

Postpartum is a therapeutic massage designed for women who have recently given birth. This type of massage can help reduce post-birth symptoms like pain and inflammation and promote healing and relaxation.

In a [postpartum massage session](#), a skilled massage therapist employs gentle and targeted techniques to address particular concerns that might have arisen during pregnancy and childbirth. These techniques strive to ease muscle tension, diminish soreness, and foster a sense of overall relaxation.

Benefits of Post Natal Massage

Muscle Relaxation

It alleviates physical and psychological stress by lowering stress hormones, relaxing muscles, and increasing circulation. While some women like a gentle touch massage, others prefer a deeper massage that penetrates the muscles and soft tissues of the body for a more thorough recovery.

Pain Alleviation

Aches and pains are common after childbirth. A post natal massage can alleviate pain, especially in areas like the back, shoulders, and aching arms more susceptible to injury. Chest massage also improves the mobility of the shoulders and reduces breast pain.

Hormone Regulation

Estrogen levels go up a lot during pregnancy and then down after the baby is born. A massage after giving birth can help balance your hormones and your mood. Dopamine and serotonin are two neurotransmitters made by the body and have been linked to depression. Massage can help keep these hormones in check.

These effects can contribute to improved well-being and indirectly influence milk production and the breastfeeding experience. Also, specific massage techniques, such as breast massage, have been found to promote better milk flow and help prevent engorgement.

Swelling Was Alleviated

Swelling, also known as edema, is a common postpartum symptom due to hormonal changes, increased fluid retention, and the body's healing process. A massage for moms can help improve circulation and lymphatic drainage, helping the body more easily digest excess fluid and return to a normal state.

Enhanced Sleep

It's normal to feel tired after giving birth, especially if you have to take care of your baby. The postpartum period is often associated with sleep disturbances due to hormonal changes, physical discomfort, and the demands of caring for a newborn. Fundal massage can help you feel less tired, help you relax, and help you sleep better.

Breastfeeding Has Improved

Prolactin, a lactation hormone that boosts milk production, is increased by massage. Postpartum massages reduce stress, relieve muscle tension, and enhance blood circulation.

Choosing a Postpartum Massage Therapist

When searching for a "postpartum massage near me," prioritize a therapist who is qualified and experienced in addressing the unique needs of new mothers.

Follow these tips to find the right therapist for postpartum moms' recovery:

**Check
Credentials and**

**Consider
Experience**

**Read Client
Reviews**

**Assess
Understanding**

Training

Ensure the therapist holds relevant certifications and training in postpartum massage techniques. This expertise guarantees a safe and effective session tailored to your needs.

Look for therapists with a history of working with postpartum clients. Experience indicates their familiarity with the challenges and concerns during this period.

Browse through reviews and testimonials from other postpartum clients. Positive feedback reflects the therapist's ability to create a supportive and effective massage experience.

Prioritize therapists who comprehend the physical and emotional changes new mothers undergo. They should adjust their techniques to address muscle tension, hormonal shifts, swelling, and stress.

Effective Communication

Choose a therapist who actively listens to your preferences and concerns. Clear communication ensures that your needs are met during the massage.

Comfortable Setting

Opt for therapists who provide a soothing and comfortable environment for the session. A relaxing ambiance enhances the overall experience.

Prior Consultation

Reputable therapists conduct thorough consultations before the massage. This discussion helps them understand your postpartum journey, discomfort, and session goals.

Safety Awareness

Ensure the therapist is well-versed in postpartum massage safety guidelines. They should avoid sensitive areas due to recent childbirth or ongoing healing.

When to Start Postpartum Body Massage

Appropriate Timing

Vaginal Birth

If you've had a vaginal birth and feel physically comfortable, you can generally start gentle postpartum massage within a week after delivery.

Cesarean Section

If you've undergone a C-section, wait until your incision is fully healed and you've received approval from your healthcare provider.

Factors to Consider

- **Personal Healing:** Each woman's body heals differently. Listen to your body and start postpartum massage when you feel ready.
- **Health Conditions:** If you have health concerns or complications, consult your healthcare provider before beginning massage therapy.
- **Postpartum Symptoms:** Address symptoms like muscle tension or discomfort when deciding on

massage timing.

- **Emotional Well-being:** Massage can also provide emotional support. If you're feeling stressed or anxious, start massage therapy.

Surrey Post Natal Massage

You've just given birth, and it's time to care for your new child. Just don't forget to take care of yourself too. Your body has undergone numerous changes during pregnancy, and you'll need to give it some extra time and effort to relax and recuperate.

At Fountain Wellness, we have [postpartum massage](#) services and other health and wellness solutions available. We focus on helping our clients learn more about themselves—and their conditions—so that they may engage in health-related decisions. Our goal is to assist people in attaining their optimal health and wellness so they can live pain-free and happy lives.

Contact Us Now

You deserve to enjoy a relaxing massage after giving birth. We offer the highest quality service in the area, and we'll help you relax and recover faster. Schedule your first appointment now.

Frequently Asked Questions

— Is a Postpartum full-body massage necessary?

Absolutely. A postpartum full-body massage is highly beneficial for new mothers. The changes that occur during and after pregnancy can take a toll on your body, and postpartum massage offers holistic relief, aiding in physical recovery, stress reduction, and overall well-being.

+ Is Postpartum Massage Different?

+ Do Massage Therapists help with Postpartum Depression as well?

+ Is it true that Prenatal massage lowers stress hormones?

+ How Can You Tell If You Are Doing Too Much After Giving Birth?

+ How can I prepare for a postpartum massage therapy session?

+ What are the benefits of abdominal massage after a C-section?

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