



Complementary Therapy Package

Additional information...

We recognise that most pregnant women need time to discuss their options and a midwife to hold space for them. Rise offers that sanctuary to be pampered, relieve anxiety, and reduce stress. Using a combination of complementary therapies to help ease the physiological discomforts of pregnancy.

Symptoms of Pregnancy

Most women experience symptoms or 'minor disorders' of pregnancy. They are not life threatening, but they are often a source of anxiety and discomfort and impact on the woman's lifestyle, affecting her ability to function socially, occupationally or cope with family responsibilities.

Natural State of Balance

Rise maternity therapies aim to rebalance and re-energise. Our treatments aim to harmonise mind and body in order to bring about homeostasis - your natural state of balance (Homeostasis is an internal feedback system that stabilizes and balances our body's chemistry).

Treating:

- Nausea, vomiting and the effects of hyperemesis gravidarum.
- Releases muscle tension - reducing musculoskeletal strain and pain including pelvic girdle pain (SPD), sciatica and carpal tunnel syndrome.
- Encourages blood & lymphatic drainage - reducing oedema.
- Improves placental nutrition, encouraging circulation, venous flow and oxygen perfusion.
- Reduces stress on weight-bearing joints and enhances the pliability of skin.
- Improves symptoms of constipation, haemorrhoids and IBS as facilitates elimination of waste and peristalsis (muscle contractions in digestive tract).
- The human touch can be comforting & provide emotional support during pregnancy
- Boosts physical and mental relaxation and enhances mood through the production of endorphins and encourages oxytocin release.
- Reduces stress and anxiety and aids rest and sleep through the reduction of cortisol.
- The interaction between client and therapist can ease fear and boost peace of mind.
- Postnatally, a series of treatments can not only aid relaxation and help in recovery from the birth but is also valuable for stimulating lactation and enhancing the immune system to aid wound healing and prevention of infection.

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