

Maternity Reflexology

PREGNANCY TIME



Is reflexology like massage?

Reflexology is not a foot massage. A session should always feel very relaxing and comfortable with the intention to relieve stress and tension. However a practitioner will also be looking for clues as to your overall health in the form of tender areas of the feet. Sometimes there are more questions or discussion during a session in order to address any areas of concern.

How can reflexology benefit women who are pregnant?

Reflexology is second to none for pregnancy care. A concept of reflexology is that it will balance and harmonise the being so that a woman can attain and maintain health and wellbeing. Reflexology as a natural therapy complements the natural state of pregnancy.

What are some of the "side effects" of pregnancy that reflexology can help with?

A really beneficial result of having reflexology treatment is that the person's own healing qualities can work to minimise minor conditions of pregnancy. Reflexology can assist in easing many of the common discomforts of pregnancy such as backache, fatigue, oedema and constipation. Obviously any obstetric or medical problem needs to be treated by the appropriate experts.

Can reflexology help with morning sickness and if so, how?

The balancing and harmonising qualities of reflexology can support the woman's ability to shake off the effects of morning sickness. By stimulating, sedating and balancing certain points on the feet/hand/ears, many women find relieve from the debilitating effects of morning (afternoon or evening) sickness. Ongoing severe morning sickness known as *hyperemesis gravidarum* requires medical attention.

Is it possible to press the wrong pressure point in pregnancy, triggering an early labour?

Reflexology is a natural therapy and cannot and will not cause the body to do something unnatural. However there are some acupuncture/ acupressure points that are traditionally contra-indicated during pregnancy. The chance of accidentally touching these specific points is not dangerous to the pregnancy as these points need precise continual pressure to potentially have any effect.

How many sessions are recommended during pregnancy?

It varies with each individual and a weekly reflexology session would be excellent especially in the last six weeks. Research and feedback from many maternity reflexologist practitioners shows that women who regularly receive reflexology in pregnancy appear to have more chance of normal labour and child-birth and fewer requirements for medical pain relief and caesareans.

Can pregnant women do reflexology on themselves to ease pregnancy symptoms such as swollen ankles and legs, morning sickness, backache etc?

On the whole- no. It can be quite difficult to reach her feet. It is so lovely to have a maternity reflexologist treat her. The reflexologists can show her partner some simple techniques to use during the reflexology session which many couples find comforting and loving.

Please feel free to share this information with your care provider, and contact me further with any questions or concerns.

Practitioner Contact Details: