

Pregnancy massage at Neal's Yard

To a tired, [pregnant](#) mum the mere suggestion of a massage will send shivers of desire down her spine! Kirstin Watson, who is seven months pregnant, enjoyed an early Mother's Day treat at the Neal's Yard Therapy Rooms in Covent Garden



The treatment: Pregnancy Massage

Where: Neal's Yard Therapy Rooms, Neal's Yard, Covent Garden

Cost: £50 for 60 mins

The claim: *'Massage is a great way to relieve the physical discomfort and emotional stress that can accompany pregnancy. It relaxes the mind and body, relieves muscular tension, promotes wellbeing and improves sleep at night.'*

Before my treatment began, my therapist, **Rima Shah**, carried out a thorough consultation asking lots of questions about my current and past pregnancies; sleep patterns, eating habits, varicose veins. Oh the glamour! The answers enabled her to identify my specific needs and tailor the massage accordingly.

One of the problems I've experienced during both my pregnancies has been itchy skin at night and this, Rima said, was due to extra heat in my body. She used Grapeseed and Calendula as a base oil as both help with itching.

For the essential oils, she chose Neroli (derived from orange blossom), Frankincense and Sweet Orange (from the orange fruit). As Neroli and Sweet Orange are from the same plant they compliment each other well and have a wonderful balancing effect.

Frankincense is nourishing, helps rejuvenate skin (something we can all do with a little of) and is one of nature's natural anti-depressants, so is great for easing emotional stress. It also helps with breathing and the ever-present night time itching.

All that aside, nothing beats the expectation, and the reality, of someone digging away at all those tough knots and stressed areas.

Because of my bump I couldn't lie on my front so I lay on my side and Rima propped me up with various bolster cushions; one between my knees, another under my head and one to cuddle. She then started by working on my exposed back and shoulder. Next she moved down to my lower leg, then upper leg and then my arm and hands.

Once done, I rolled onto the other side and she began the luxurious process again and this time sent me well and truly into dream land!

Results

The result was wonderful. I felt utterly relaxed and rejuvenated and, of course, the added bonus of missing the energy-zapping bedtime duties for the evening in order to have my massage certainly helped too.