



Pre- and Post-Pregnancy Massage

A mother's body undergoes an amazing transformation throughout pregnancy. Her changing shape and the increased stress on all of her joints and muscles takes its toll, making pregnancy quite a physical challenge for many women. Massage therapy can be an amazing addition to any pregnant mama's regular prenatal care routine. It relaxes, rejuvenates and helps the body adjust to the changes it is undergoing. Once thought of as a luxury, many perinatal professionals now feel massage is a necessity for maintaining optimum health throughout pregnancy and after.

Hopewell Center Perinatal Massage Therapies

Fertility Detox Massage

70 Minutes - \$85*

A tension relieving massage that opens, cleanses, and balances in preparation for conception. Treatment includes a hot oil abdomen massage & reflexology.

* The treatment fees are on a sliding scale. After the initial treatment, the fee is reduced by \$5 each time for a maximum discount of \$15.

Prenatal (Pregnancy) Massage

60 Minutes – \$65 90 Minutes – \$85

Gentle & nurturing, this massage focuses on the needs of the expectant mother. Massage techniques are modified to reduce stress, decrease swelling, relieve aches & pains, and reduce anxiety & depression.

Postpartum Massage

60 Minutes – \$65 90 Minutes – \$85

Massage after birth is a great way to soothe the body after the exertions of birth. Benefits include helping to: restore vital energy; reduce fatigue; promote relaxation, which aids breastfeeding; encourage fluid balancing; and enhance the body's realigning processes. Breastfeeding welcome!

Mother/Father and Infant Massage

70 minutes – \$85

After Mom or Dad enjoys a 30 minute postpartum massage, learn gentle infant massage techniques to calm and bond with your new baby.

Pre- and Post-Pregnancy Massage Packages

Fertility Package– \$235 (save \$60)

Receive two Fertility massages, one wellness "hers" massage and one wellness "partner" massage.

Chill Mama! Package – \$450 (save \$200)

Take good care of yourself this pregnancy! Includes ten massages to be used during your pregnancy and immediate postpartum period. Expires one year from date of purchase and is non-transferable.

Pamper the Parents Package - \$275 (save \$60)

This package includes a soothing couples massage, two individual wellness massages, and a one hour infant massage demonstration and instruction. Expires six months from date of purchase and is non-transferable.