



Mother Massage: A Handbook for Relieving the Discomforts of Pregnancy

Elaine Stillerman

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A Handbook for Relieving the Discomforts of Pregnancy

Massage is a sensuous, relaxing, and loving treatment that has the added bonus of being especially good for you. It's the perfect way to reduce stress and promote general well-being. During pregnancy, your body is undergoing many changes, some of them stressful and discomforting. *Mother Massage*, by licensed massage therapist Elaine Stillerman, is a beautifully illustrated guide to help eliminate some of these adverse effects. Designed to be used either alone or with a partner, *Mother Massage* provides techniques for a variety of massages, including full body massage, preparation for labor and birthing massage, massage during the postpartum and nursing stages, and infant massage. These techniques are explained in step-by-step, illustrated detail. You'll also learn special massages for treating such discomforts as:

- Backaches
- Breast Soreness
- Charley Horse and Leg Cramps
- Headaches
- Heartburn
- Fatigue
- Morning Sickness
- Sciatica
- Stretch Marks
- Varicose Veins
- And Many Others

Also included are sections on reflexology, herbal remedies, and nutritional requirements for pregnant and lactating women.

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