

rob lambert
pregnancy
massage



roblambertmassage.co.uk



I am an
experienced
massage
therapist

specialising in **deep tissue**,
Swedish, **remedial** and
pregnancy massage.

I take great pride in the
successful massage
practice I have built up in
Little Bealings, Suffolk.

The majority of my clients come to me through word of mouth, and many have become regulars over the years. My clients come from all walks of life, including professional sportsmen and women, office workers, people who do very physical or demanding jobs, dancers, those who had limited benefit from NHS treatment and ofcourse mums to be.

My interest in pregnancy massage came from hearing many of my female clients explain that their backache symptoms first started during pregnancy. I completed specialist training and am now very proud to be able to offer pregnancy massage to all mums to be.

We should make a woman's pregnancy something she can enjoy and embrace. I believe that with regular massage this can be achieved.



What a treatment involves

Pregnancy massage can be offered from 12 weeks onwards.

During your first consultation we will spend some time discussing any concerns you have for yourself or your baby, and decide on the focus for the session.

The massage itself usually lasts around 50 minutes. During a pregnancy massage we use techniques which are adapted from regular massage therapy, but which are specifically tailored around the physical changes that pregnancy brings.

As the baby grows most massages are done with the woman lying on her side.

I will take great care to ensure comfort and discretion at all times, with the use of sheets and pillows.

The atmosphere is very relaxing within this calm environment, with soft lighting and gentle music to help the relaxation process. It is possible to have a single treatment to target a specific hotspot problem, or more beneficially, a series of treatments where we can enhance the powerful underlying learning of the body to relax, connect with itself, connect with your baby, and improve your energy and vitality

Benefits

There is a wealth of research which shows that regular massage during pregnancy brings an incredible number of powerful and positive benefits:

- // Relaxation and deep stress relief.
- // Pain relief esp hips lower back pelvis neck and shoulder areas.
- // Improved energy and vitality through improved posture, deeper breath work and pain relief.
- // Improved sleep
- // Relief from nausea.
- // Eases depression and anxiety, including lower rates of postnatal depression
- // Shorter labours, with fewer complications.
- // Increased wellbeing for the new born baby: babies born to mums who received regular massage during their pregnancy had lower admissions rates to neonatal intensive care units.
- // Improved bonding with your baby after delivery

The benefits of pregnancy massage are so far reaching and so powerful, that in some countries pregnancy massage is now a routine part of their antenatal care programme. Watch this space!

COST:

1 session £40

Series of 5 sessions £180

(24 hour cancellation notice applies)

“During my first pregnancy, I was suffering considerable **pelvic pain** where I was **struggling** to walk. Rob Lambert was recommended to me by a friend and I can honestly say this was the **best thing she did** and I would have **no hesitate** whatsoever in recommending him to anyone.”

“Since I started seeing Rob, I now have **little or no pain** which is making my pregnancy far more enjoyable. He is thorough and at times it does hurt, however a couple of days after my first treatment I was literally **pain free**. On top of this, Rob is **courteous, discrete** and exceptionally **professional**. I am particularly body conscious at the best of times and even more so as my bump (and other parts of my body) are growing!! Rob has been completely **respectful** at all times.”

“I genuinely couldn't recommend Rob more **highly** to anyone who is struggling with any type of pain. I have already been telling other “**mums to be**” who, like me are suffering with pelvic pain to see him and **won't hesitate** to continue to do so!”



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