

Award-winning Maternity Pamper



Regular massage will help your mind and body adjust to the changes that occur during pregnancy so that you may enjoy this unique time in your life without discomfort.

This is the reason why we offer a pregnancy package, and it is also a chance to save money.

Individual session: 75mins - £60.00

Buy a course 4 x 75mins sessions: £216.00 (Save £24)



How can Pregnancy Massage Help?

Pregnancy massage can offer comfort, support, and a wonderful sense of nurturing for both you and your baby's health and development.

A chance for a real lie-down!



With our Tailor-Made Pregnancy Body Cushion

This specialist body cushion is a soft memory foam design that offers maximum support and comfort for both you and your bump.

"I recently had a lovely pregnancy massage with Daisy. I would thoroughly recommend it to any pregnant lady that needs a little pampering. Not only did I feel pampered but the massage gave me some relief to aches and pains I had been experiencing. Daisy is fully trained in pregnancy massage which for me was really important as it meant I was able to completely relax and feel comfortable as I knew both my baby and I were in safe hands. Daisy also adjusted me at times throughout the massage to ensure my continued comfort and did so whilst remaining professional and discreet."

M Hughes, London

About me

Being a birth partner in 2012 was an honour and a gift. Witnessing the mother's tremendous physical and emotional journey of labour and birth inspired me to develop advanced massage techniques for assisting women during pregnancy and in post natal recovery.

Experience and qualifications

BSc (Hons) Therapeutic Bodywork. Expert in Remedial Massage and Neuromuscular Therapy. Extensive knowledge of muscle mechanics, posture and movement. Uses a 'listening touch' to adjust treatments accordingly to work with your body. Specialist in helping eliminate neck, back and shoulder pain, muscle injuries, migraine/headache, sciatica, hip pain, repetitive strain injuries.

Registered Member of Federation of Holistic Therapists. Insured to practice: Swedish Massage, Deep Tissue Massage, Myofascial Release, Trigger Points, Neuromuscular Therapy, No-Hands Massage, Pregnancy Massage, Post Natal Massage, Lymphatic Drainage, Aromatherapy, Emmett Technique.



07964 306088
daisyvitality.com

DaisyVitality

Pregnancy Massage



Looking after a Mother's
Health and Well-being



 **LONDON**
HAIR & BEAUTY
AWARDS
WINNER 2015
MASSEUSE
OF THE YEAR

DaisyVitality

Specialist Bespoke Bodywork

Daisy Compton BSc (Hons) FHT Member

T: 07964 306088 E: info@daisyvitality.com
Salisbury, Wiltshire

specialist bodywork

Post-Natal Re-alignment



The **physical demands of birthing** plus the daily tasks of breast feeding, carrying and lifting a growing newborn can produce symptoms of muscle pain or tension in the hips, lower back, upper back, neck and shoulders.

As a **new mother**, you may also be feeling emotionally stressed, tired and depleted of energy.

Daisy Vitality's '**Post-Natal Re-alignment**' is a **signature massage treatment** developed for mums which offers a unique combination approach to address your post natal concerns.

The treatment combines the benefits of relaxing and restorative massage with the revolutionary '**Emmett technique**'.

Emmett is a gentle muscle release technique capable of providing fast and effective relief of muscle pain and **restores muscles back to their natural state of balance**.

Customised to meet your needs on the day, the treatment can also include integrated Manual Lymphatic Drainage techniques to relieve fluid retention and **improve scar tissue healing** after a caesarean section.

Post-Natal Re-alignment delivers the specialist care and skilled touch **vital for a great recovery after birth**. It also offers you precious time to rest, receive and re-charge to help you maintain a positive state of health and well-being.

Treatment Benefits

Relieve:

- ♦ Lower back pain
- ♦ Hip pain
- ♦ Sciatica
- ♦ Upper Back Pain
- ♦ Neck Pain
- ♦ Shoulder Pain
- ♦ Tension Headaches
- ♦ Migraines

Reduce:

- ♦ Fluid Retention
- ♦ Scar Tissue formation after a Caesarean Section

Restore:

- ♦ Core stability
- ♦ Posture
- ♦ Movement
- ♦ Flexibility

