

# Shiatsu for Pregnancy

Receive the benefits of massage therapy during pregnancy & labor and after the birth.

A pregnant woman has special needs as her body changes during and after pregnancy. When properly applied, shiatsu is soothing, safe, natural and effective.

## Shiatsu can safely eliminate or reduce...

- Backache
- Fatigue and tension
- Sinus congestion and headaches
- Neck and shoulder problems
- Muscle cramping
- Swelling of hands, feet and legs

## Shiatsu also...

- Supports the lymphatic and circulatory systems, thereby reducing fatigue and increasing energy
- Aids circulation, reducing the workload on the heart and keeping blood pressure in check, while also improving oxygen flow and cell nutrients to mom and baby
- Stimulates glandular functions and stabilizes hormones
- Relaxes nervous tension, helping you sleep better
- Can stimulate or speed up labor, if desired
- Helps mom recover more quickly

**For more information or  
to schedule an appointment:**

**215.822.0778 • [www.heart-handpa.com](http://www.heart-handpa.com)**



Tina Caperelli  
*Certified Practitioner*  
AOBTA, ABMP