



# FREQUENTLY ASKED QUESTIONS

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## What's the difference between the pregnancy and postpartum massages in this bundle?

- Pregnancy Massages are tailored to relieve discomforts associated with pregnancy, such as back pain, sciatic nerve pain, swelling, and round ligament tension. These sessions take place in-office, a relaxing space to give you a serene escape.
- Postpartum Massages are designed to support recovery after childbirth. They focus on restoring balance, easing tension, and promoting healing. These sessions are conducted in your home for maximum comfort and convenience during the postpartum period.

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## When should I start using my pregnancy massages?

*You can start as early as 12 weeks, first trimester, once your body begins to adapt to the changes of pregnancy. These massages then can be spreaded out monthly, bi-weekly or weekly until your estimated birthing time.*

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## How soon after giving birth can I use the postpartum massages?

*You can schedule your first postpartum massage within the first two weeks after giving birth, preferably after your milk comes in around days 3-4, or as soon as you feel ready. However, the sooner you schedule it, the greater the benefits—especially if you've had a cesarean delivery.*

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## What areas of the body are addressed in the postpartum massages?

*Postpartum massages target areas most affected by pregnancy and childbirth, including the neck, shoulders, ribs, lower back, hips, and abdomen. Gentle lymphatic drainage techniques are incorporated to reduce swelling and promote healing, along with scar tissue massage for cesarean deliveries.*





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## Do I need to schedule all my sessions at once?

No, you don't need to schedule all your sessions right away. However, I recommend booking early to secure your preferred time slots, especially during pregnancy. For postpartum, sessions are typically scheduled weekly during the first 40 days of your fourth trimester.

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## What's included in the out-call postpartum massages?

*Your out-call postpartum massages include:*

- 2 hours of intense body work done by me, but you reaping the benefits tailored to your recovery needs.
- Lymphatic drainage to reduce swelling.
- Relaxation techniques to ease tension and promote healing.
- All equipment and supplies brought directly to the comfort of your home, so you don't have to worry about traveling.

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## Can I adjust the timing of my massages if my schedule changes?

*Yes! I completely understand that motherhood can be unpredictable—I'm a momma of three myself. I'm happy to accommodate rescheduling with reasonable notice to ensure availability for future dates. Likewise, I may need to reschedule if I'm attending a birth or assisting a doula client, and I appreciate your understanding.*

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## What if I don't use all my pregnancy massages before my baby arrives?

*Any unused pregnancy massages can be converted into postpartum massages, so nothing is lost. The services are transferable, allowing you to schedule extra postpartum sessions, such as at 4–6 more or 6–8 more, for example.*







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## Are these massages safe for all mommas?

Yes! All massages are performed by a highly trained and licensed professional—me—specializing exclusively in pregnancy and postpartum care. Your comfort and safety are my top priorities. If you have specific medical conditions, I'll work closely with you to ensure your sessions are both safe and beneficial.

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## How do I book my sessions?

*After purchasing the package, you'll receive instructions on how to contact me to schedule your pregnancy massage sessions. For postpartum massages, you'll reach out to me after your baby arrives. We'll coordinate the best time slots once you're home and settle to schedule out your out-call sessions.*

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## What if I have more questions about this package?

***I'd love to answer any additional questions you have! Please reach out to me at 832-372-6174***

# Premiummomma

*I'm here to make your journey into motherhood a little smoother, one massage at a time!*

### INCLUSIONS:

- This Momma Gets Messages Robe
- Four In-Office 90-minutes Pregnancy Massages (Your body is doing incredible work, let me help you feel your best momma)
- Four out-Call 2-hour Postpartum Massage (These sessions are your chance to pause, recover, and reclaim your energy momma)
- Weekly Chats via Text or Email

***“This Momma Gets Massage”  
Cuz a Relaxed Momma is a Happy Momma”***

*-Sasha Sumfing*