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## What is an Induction Massage?

Natural methods of induction are a great way to try and stimulate labour or to ripen the cervix, especially if this means beating a medical induction or caesarean (should you not go into spontaneous labour beforehand).

It is also important to remember that you're not designed to be pregnant forever, so you can trust your body to do what it is meant to do, when your baby says he or she is good to go. Telling a healthy baby to get out before they are ready can result in all sorts of complications and interventions, when right now they are safe, happy and warm inside of you.

One of those natural induction methods is to have an **Induction Massage**, which can be given on or after your due date.

The massage therapist should be experienced in induction massage and work on acupressure points. As with normal massage, induction massage helps to relax and calm your body, easing tension and helping to create a clear and grounded space.

Induction Massage is a relaxation massage combined with special essential oils and acupressure applied to specific points of the body related to the preparation of the body for labour.

A good relaxation induction massage can help elevate your natural levels of Oxytocin (the hormone your body naturally produces when relaxed and happy, in love, making love, when you are ready to birth your baby and is the hormone responsible for the intense bonding of mother and baby immediately following birth).

**Deep relaxation** is important to allow natural stress hormones to reduce and natural 'birth ready' hormones to increase. The stimulation of acupressure points during your induction massage can assist in supporting natural body processes that are underway during the final stages of pregnancy such as encouraging the descent of the baby into position, dilation of the cervix and facilitation of uterine contractions.

The massage will also help to release your sacrum and pelvic area therefore creating more space for your baby to move down into your pelvis. When your

baby's head is right down and against your cervix you have a much greater chance of going into labour naturally. Freeing up your pelvis will also support you to be able to open to birth and allow your baby to pass through.

These techniques work with the body's own ability and willingness to let labour begin naturally. Induction massage works to relax and calm the body easing tensions and helping to create a clear and grounded space. We have a fantastic success rate with our induction massages, with most clients going into labour within 12-48 hours, often avoiding medical intervention.

Induction acupuncture is also an option to try at this time. Some women choose both induction massage and acupuncture, though not necessarily on the same day as this could be a little too intense.

Induction Massage is generally a very successful form of labour induction if your body and your baby are ready to go into labour. Please keep in mind that at the end of the day if your body or your baby are not ready then it doesn't matter what you do, you cannot force something to happen.

Sometimes, women will attempt certain methods and not get a result straight away and become disheartened. Often it is best to be proactive with your chosen method, leave it for a few days and then repeat the method or try another. Labour is often activated in this manner, as the initial stimulus has primed the woman's body to be more receptive to follow on methods.

For more information or to book in for an induction massage please call Phoenix Therapies Pregnancy Centre on 9303 9111. You will need to allow an hour and a half for your induction massage treatment.

