



# BENEFITS OF INFANT MASSAGE

## Benefits for Infants & Mom -

- Restful Sleep
- Lowers stress hormones
- Improved digestion, less constipation
- Increased weight gain
- Fewer symptoms of colic, irritability and sleeplessness
- Boost circulation which is a benefit for stronger immunity to disease
- Improves flexibility
- Drains sinuses and ears reducing congestion and earaches
- Deep-touch pressure stimulates the autonomic nervous system which governs breathing, heartbeat, digestion and more. Deep pressure switches baby's body to rest & digest mode.
- Infant massage shows increased weight gain, reduction in jaundice and reduction in pain.
- Massage during labor can decrease the need/request for epidural up to 60%
- Medical Massage can balance out hormones lowering cortisol levels after delivery therefore reducing postpartum depression.



Our therapist can visit you in your delivery room to provide medical massages to you and your newborn baby after your delivery!

Versailles Medical Massage offers prenatal massage therapy right on Wilson Health's Main Campus, in the Professional Building!

Patients can hire our therapy team to provide massage during labor. Contact Theresa Nelson, LMT at **(937) 564-7424** for details.



Versailles Medical Massage has been around for over 25 years. We have a team of qualified massage therapist ready to assist you throughout your pregnancy, during labor and after delivery!