

Perinatal Massage

We offer:

- Pregnancy massage
- Closing the Bones massage ceremonies
- New Mama massages
- Scar therapy - from mid March

at home and in our therapy room at The Manor Health & Wellness Centre, CO3 3LX

Pregnancy Massage

Ultimate relaxation and self care. We aim to fully support you during your pregnancy, adapting treatments to the individual to create the most relaxing and comfortable experience.

During this nurturing full body massage you will lie on one side and then the other - so nowhere is left out and we can target particular areas of discomfort - before sitting up to have your face, head and bump massaged. We can combine breath work, sound therapy or meditation.

Massage can help alleviate aches and pains and other common pregnancy experiences, reduce stress, bond & prepare you for birth. You simply feel great as you release endorphins! Every massage is different and may also include a meditation or breathing practices if you wish or additional movement suggestions that might complement your massage & wellbeing.

- Stimulates the circulation
- improves lymphatic drainage
- helps sluggish bowel movements
- releases muscular tension caused by postural change and hormone release
- releases nerve compression
- helps avoid varicose veins
- induces deep relaxation
- helps respiratory system & aids breathing
- helps reduce emotional stress
- helps lower/maintain good blood pressure
- encourages release of oxytocin
- enhances proprioception/interoception

Suitable from 14 weeks to full term.



in her
element

New Mama massage

This bespoke massage is tailored to your needs after giving birth & caring for a young baby. It will incorporate a range of techniques to invigorate and renew - releasing soreness and relieving tiredness. We may include Swedish massage, soft tissue release, rebozo rocking, wrapping & binding, relaxation and sound therapy.

We may target particular areas such as shoulders, neck, back and hips whilst simultaneously giving you peace & inner space to process becoming a new parent.

60 minute or 90 minute sessions are available



Postpartum Closing the Bones

Postpartum Closing the Bones ceremonies are done in the first few months of birth (a minimum of 6 hours postpartum!*).

Naomi comes to you, so you can fully relax at home with your baby. It is wonderful to have a number done in the forth trimester/40 days post birth (as is traditionally done) and helps the new parent integrate the birthing process, bringing energy back to their creative centre (the womb).

Closing the Bones encourages the internal organs return to their natural space and the muscles and ligaments around the belly to relax, improving circulation, supporting lymphatic drainage, breastfeeding and the removal of excess fluids.

It can be helpful to have someone in the house to care for your baby whilst you devote time to yourself, but this is not necessary - we can always work around circumstances.

*this will differ if you have had a Caesarean section.

How does it work?

This beautiful traditional Ecuadorian abdominal massage and ceremony, is given soon after birth (within the first week, except with c-section) to help heal, nurture and create a sense of profound space within.

A number of techniques are combined during a ceremony - both hands on and hands off. Naomi provides a ceremony unchanged and unadapted, as taught by her teacher, and hers before her in South America.

A rebozo is a traditional Mexican manta or shawl. It is used throughout - gently rocking, sifting, wrapping and binding - especially the hips - which stimulates circulation & energy and promotes physical, mental and emotional healing of your whole body.



in her element

The ribs, abdomen, hips, womb and upper body are massaged with warming & nourishing oils. Then you are bound in 8 ceremonial, hand-woven rebozos - which feels like being held in a cocoon-like space. Naomi will guide you in a manner that feels appropriate between us: perhaps in silence, meditation, guided meditation, visualisation, with sound healing or energy work.

Afterwards, you continue to integrate the experience whilst enjoying a soothing herbal tea after your massage.

Closing the Bones at other times

Closing the bones is not limited to immediate postpartum and can actually be performed decades later to honour this major rite of passage. The ceremony is extremely beneficial to bring closure to, to recognise and own major events or Rites of Passage in our lives –times of great upheaval, distress or joy that change us.

This massage will take place in the therapy room and can be 90 or 120 minutes.

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Closing the Bones Ceremonies

When might I want a Closing the Bones Ceremony?

Any time you need space to process life's ups, downs and challenges - with love, support & ritual in your healing process. Perhaps:

after birth (immediately or years later)

after losing a baby, miscarrying, a stillbirth or termination

with prolapse and hysterectomy

when trying to conceive

when breastfeeding is challenging

marking the end of your breastfeeding journey

honouring milestones/anniversaries

honouring menarche (your first period) - when it happens or years later

getting married

supporting perimenopause or marking menopause and the transition to Second Spring/Crones/Wise Woman

experiencing loss - splitting up, divorce, jobs, loved ones,

changes and events in life - marriage, new job, moving house...

anxiety, shock and PTSD

Helping with endometriosis, painful periods, diastasis recti

Ancestral trauma and trans-generational wounding

can help those with ADD, autism, or to help people with overwhelm or sensory overstimulation

can help with endometriosis, PCOS, painful periods, prolapse, diastasis recti

healing (physical, sexual, emotional, domestic) abuse and trauma

ancestral trauma or trans-generational wounding

people who have suffered female genital mutilation

people who have been trafficked

terminally ill people, so they can create a goodbye ceremony with loved ones as rite of passage



Perinatal Prices

In the therapy room

We have a beautiful therapy room situated in the tranquil garden at The Manor Health & Wellness Centre, 11 Manor Road, Colchester CO3 3LX.

Pregnancy massage

1 x 1 hour sessions = £55

1 x 1.5 hour sessions = £75

4 x 1 hour sessions = £200

4 x 1.5 hour sessions = £275

Closing the Bones

1 x 2 hour session is = £110

3 x 2 hour sessions are £300

New Mama massage

1 x 1 hour session = £55

1 x 1.5 hour session = £75

4 x 1 hour sessions = £200

4 x 1.5 hour sessions = £275

Postnatal Package

- 1 x 2 hour Closing the Bones
- 2 x 1 hour New Mama massage

= £200

At home prices

Naomi can travel to your home, so you can be treated in your own comfortable environment (further than 8 miles of central colchester may increase slightly). You will just need a quiet space, big enough for a massage couch.

Pregnancy massage

1 x 1 hour sessions = £70

1 x 1.5 hour session = £90

4 x 1 hour sessions = £250

4 x 1.5 hour sessions = £325

New Mama massage

1 x 1 hour sessions = £70

1 x 1.5 hour sessions = £90

4 x 1 hour sessions = £250

4 x 1.5 hour sessions = £325

Closing the Bones

1 x 2 hour session = £125

3 x 2 hour sessions = £340

Postnatal Package

- 1 x 2 hour Closing the Bones
- 2 x 1 hour New Mama massage

= £240

