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THE TREATMENT

IF I were rich and famous, I would employ Anna Hill to be my full-time masseuse. Of course, she would be free to use my Jacuzzi and swimming pool. Alas, however, I am just another pregnant woman struggling about in the morning.

With only a few weeks until my due date, my priority is to roll out of bed without doing myself a groin injury and to get through the day without doing myself a back injury.

I am a firm believer in prevention where possible, and Anna can use massage at all ante-natal stages, including pre-conception, or to help reduce stress in the case of fertility

issues. She can also work post-natally to help the body recover.

For the massage, I lie on my side on a large mat on the floor, with cushions positioned wherever needed. We have chosen a soothing jasmine oil for the treatment. I have been awake a few nights with "restless leg" so Anna pays particular attention to a tight left calf muscle. She then works on my sides, arms, back and into my shoulders.

This is a therapeutic massage that aims to rid the body of knots, tension and discomfort. The massage can also help with common up-the-duff-related problems such as swollen ankles and wrists and nausea.

She can advise on birthing positions, or invite your partner in for some labour tips.

After the massage my body is more supple and more relaxed. I follow Anna's massage tips for my leg, and haven't been kept awake with it since. And as far as the baby goes, well, anything that reduces anxiety or stress in my body, has got to be good for him (or her).

LOUISE SHANNON

Pregnancy massage, Woodlands Herbs, 100 Woodlands Rd, Glasgow, 1hr 15mins, £35, 0141 564 3184, anna@woodlandherbs.co.uk