



Statement of Intent and FAQs - Fertility and Womb Massage

What is Fertility and Womb Massage

Fertility and Womb Massage is a blend of bodywork modalities designed to support women at all stages of their fertility journey, no matter their story.

Fertility and Womb Massage is a deep, yet gentle and non-invasive abdominal and sacral therapy that focuses on improving circulation to the abdominal and reproductive organs, with an aim to improve blood, nerve and lymph flow, bringing about nourishment, balance and alignment. Perhaps most importantly this massage focuses on releasing physical and emotional tension and trauma, bringing about a much deeper connection to the womb space and our inherent feminine energies.

What are the different bodywork modalities?

- Abdominal Sacral Massage.
- Pulsing - *is known as the Tai Chi of massage and is designed to release emotional trauma and the dissolution of body armour. Rocking the body at approximately 120-160 beats per minute simulates the heartbeat within the womb and creates a relaxed and calming state.*
- Reflexology
- Acupressure
- Trigger Point Therapy
- Castor Oil Packs - *An external application of Castor Oil onto the womb area during the period between menstruation and ovulation*
- Flower Remedies
- Rebozo Techniques - *Rebozo is the name of the Mexican shawl used. Traditionally rebozo wrapping was offered to postpartum women as part of the 40 day healing process. Today, we appreciate and acknowledge the sanctuary this kind of wrapping offers and we use it as the ceremonial essence of this work. Wrapping, (like a new-born baby is swaddled) the three vital energetic centres; the head, the feet and the womb to create a cocoon type space, with a gentle rocking-in-a-hammock type effect, we begin to feel our edges and call all parts of ourselves back. When women have experienced trauma and have disassociated with parts of the body, this wrapping can support a woman to feel grounded, centred, safe and held. Guided visualisations are sometimes*



used during this time. The release of the rebozo can offer an opportunity to re-emerge, with bigger wings and ready to step into our power.

- Reiki/Healing - *Guided Visualisations and Meditations.*

What is Fertility Massage not?

There are no pregnancy guarantees from receiving Fertility Massage.

Fertility Massage does not claim to cure or diagnose any medical conditions, nor does it replace any medical care that you are under or may need. If you have any medical concerns please consult with your Doctor or Health Care Practitioner.

Is Fertility Massage only for those preparing to conceive?

No, this work is truly for all regardless of whether you are preparing to conceive. The energetics of this work are focused on developing a deeper relationship to the womb space and to begin to relate to it in the widest sense of the word fertility; the space in which ideas and creativity can be sown and nurtured. It's appropriate for people experiencing menstrual issues, digestive issues, healing from birth, miscarriage and pregnancy termination, as well as those transitioning towards and through peri/ menopause. For those not preparing to conceive the 30 minute Initial Consultation video call is recommended but ***optional*** and can be added in at any time in a timeline of treatments.

I've heard of similar work, is this work known by another name?

The name of the qualification which enables me to perform this work is Womb and Fertility Massage, I trained with the founder of Fertility Massage™ Clare Spink. Its origins are in some ways similar to the rebozo work offered by the traditional Mayan massage but it is a fundamentally different treatment. This work can be referred to as Fertility Massage, Fertility and Womb Massage, Womb Healing and work for the Empowered Feminine.

What might an appointment involve?

You may want to book a free 15 minute exploration phone/video call to ask any questions that you might have and gain a sense of who I am in this offering. If you wish to then make a booking you will receive a consultation form to complete electronically before we have our Initial Appointment.



An Initial Appointment includes a 30-45 minute consultation call, which during the pandemic period is taking place via a video call and is an opportunity to talk through the consultation form to ensure that when we meet the appointment is individually tailored to meet your needs. During this call we may also talk about:

- Menstrual cycle tracking and inner seasons
- Mucous charting and other tools to support your fertility journey
- Pelvic floor
- Hormonal Imbalance
- Reproductive Fertility
- Nutrition
- Digestion
- Castor Oil Packing

When we meet for our Massage Appointment it will be in Frama, 18 Cheap St, Frome in a treatment room nestled into the back and upstairs of Frama, a speciality coffee shop in Frome town centre. It is a beautiful, safe and nurturing space which I am very much at home in, on occasion there may be noise from the shop below us and surrounding businesses.

Our appointment will be for 60 minutes and during this time you will receive the hands on massage treatment. Massage generally takes place in the area of the middle of the back to middle of the gluteal muscles when laying on your back and from the rib area down to your pubic bone when laying on your back and includes a mixture of some of the modalities listed above, depending on what is arising for you on the day.

What aftercare should I follow?

You will be given an After Care Advice sheet after your appointment which will contain more detail and you should refer to after an appointment.

Drink plenty of water and rest well. Avoid alcohol for the 24 hours following your session. It is best to book your appointment on a day when you have nothing significant to do afterwards, booking on a day when you can remain calm and relaxed will help integrate any changes that have taken place. Journaling can play an important part in aftercare and I recommend spending time writing, sketching or being creative in the days that follow your appointment and continuing to do so regularly between appointments.

Keeping your pelvic area warm for the rest of the day might be beneficial.



When might an appointment be contraindicated?

Naturally, there will be times when it is best to reschedule your appointment to ensure that your appointments remain supportive. If you have an infection or an active STD massage is contraindicated and will need to be rearranged. There will be some occasions when we can continue with the express consent of your health practitioner/medical professional. If you have a coil fitted, or are bleeding, might be pregnant, or after ovulation (if you are trying to conceive) we can continue with the massage but omit the lower abdomen/womb massage element of the treatment. If you have had major surgery within 1 year or minor surgery within 6 weeks of your appointment we will need verbal consent from your Health Practitioner.

How many appointments will I have?

It is recommended to have a minimum of 6 treatments, however as with any energetic based body work even 1 session will have benefits.

Fees

Initial Consultation Appointment - £85 (includes 30 - 45 minute video call and 60 minute treatment appointment (held on separate dates)).

Follow Up Appointment (Individual) - £60

Follow Up Appointments (Package of 3 or more £55 each) please note, this package is only available after the Initial Consultation Appointment has taken place and needs to be paid in advance.