



RED BLOSSOM WELLNESS

Birth and Postpartum Doula, Fitness, and Massage Services

Menu of Services

Orthopedic and Prenatal Massage

Prenatal massage has been shown in studies to decrease swelling, calm mom and to reduce the pain associated with pregnancy related muscle and nerve dysfunctions such as Sciatica, Carpel Tunnel, Chronic Piriformis Syndrome and Thoracic Outlet Syndrome. All techniques are aimed at soothing mom's aching and tired body and to calm her mind and spirit.

Orthopedic/Prenatal Massage Services
60 minutes.....\$60
90 minutes.....\$80

Packages
4/60 minute massages.....\$220
4/90-minute massages.....\$285

Regular and Prenatal Mat Pilates

Pilates is a system of controlled exercises that engage the mind and condition the body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body is efficient and the body moves as an efficient, holistic system. For the pregnant mom, Pilates is particularly effective at strengthening the pelvic floor muscles important to your body during labor. Pilates can also aide and correct incontinence issue associated with pregnancy.

Pilates Mat Private sessions
60 minutes.....\$30

Packages
4/60-minute private sessions.....\$100
8/60-minute private sessions.....\$210

- Also available for group Pilates mat classes upon request.

Personal Training

Programs designed by a Prenatal and postpartum fitness specialist, all programs are customized to your individual needs. We can meet you at your home, a park, a beach or wherever you enjoy working out. We use a variety of equipment to strengthen those muscles most important to supporting mom and baby during pregnancy and through labor.

“Current studies have shown that women who worked out throughout their ENTIRE pregnancy gave birth up to one week early, gain less weight, deposit and retain less fat, feel better, have shorter, less complicated labors and recover faster than women who either stop or don't exercise.”

(Clap and Cram 2012)

Personal Training Sessions
30 minutes.....\$25
60 minutes.....\$45

Packages
4/30 minute training sessions.....\$85
4/60-minute training sessions.....\$155