



# PNSG

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Soothing Your Body & Mind  
**Throughout Motherhood**

AS FEATURED ON



# SOMETHING ABOUT US

Most mothers are worried about how to release their pregnancy discomfort and smooth the road to their postnatal recovery including slimming down to pre-pregnancy shape and improving lactation so we provide experienced therapist to perform relaxing prenatal and postnatal massage for you.



**5 Star Rating  
on Facebook**



**Guaranteed Arrival  
of therapist**



**Free Replacement  
of Therapist if required**



**Certified  
Therapist**



**Free Baby Massage  
Tutorial**



**Tested and proven  
result**





# WHY OUR MASSAGE

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Every mother's needs are different. In our efforts to best serve you according to yours, we make sure to keep setting our massage, therapists, and services at the highest standards. Here are what you can look forward to with us!

## Authentic Care

We use genuine products with soothing properties that are safe for you and your newborn.



## Certified Therapists

We make sure you are always in the safe and skillful hands of our certified and well-trained therapists.



## Complete Therapy

We support you from pregnancy to postpartum with traditional Javanese prenatal massage, post-natal massages, and slimming therapy.

## Well-Suited Massages

We offer various Javanese massage packages specific to your needs, with continuous attention to your body condition for enhanced effectiveness.

# PREMIUM POSTNATAL MASSAGE

## Helps You Slim Down & Relieve Water Retention

Break down stubborn fats and reduce water retention to slim down hard-to-tone areas while helping to burn body fat faster.



## Speeds Up Womb Recovery

Encourage the discharge of lochia as well as the reposition of pelvic muscles and abdominal organs.



## Reduce Post Surgeries Swellings

Ease sore spots, release stiffness, and relax muscle tension particularly on the abdomen, lower back & hip areas.



*\*Massage bed will be prepared for this package.*



# PREMIUM POSTNATAL MASSAGE

## Improve Lactation

Unclog blocked ducts and relieve engorgement, thus increasing milk supply. Also lower stress hormones, improve blood circulation, and decrease swellings.



## Promote Better Sleep

Ease tiredness by promoting calmness as well as easing muscle tension, promoting blood circulation, and reducing stress.

## Brighten & Smoothen Skin

Exfoliate dead skin cells, help relieve water retention, and prevent clogged pores while helping to increase the collagen production.



*\*Massage bed will be prepared for this package.*



# SLIMMING & RELAXATION MASSAGE



## **Breaks Down Stubborn Fats Effectively**

Target stubborn fats on common problem areas such as thighs, abdomen, and arms that remain for months or years after childbirth.



## **Relieves Water Retention & Heavy, Tired Legs**

Full body mud wrap, followed by use of thermal space blanket to help effectively get rid of water retention.



## **Brightens & Smooths Skin**

Exfoliate dead skin cells, help relieve water retention, and prevent clogged pores while helping to increase the collagen production.



## **Promotes Calmness & Eases Muscle Tension**

Treat sleep deprivation, stress, and muscle tension with massage focused on chest, breasts, and head.

*\*Massage bed will be prepared for this package.*

# SIGNATURE POSTNATAL MASSAGE



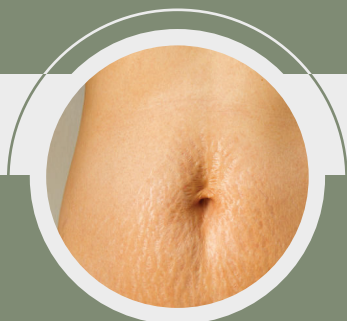
## Restores your body back to your pre-pregnancy shape

Speed up the elimination of excess fluids and relieve water retention.



## Improves Lactation

Reduce breast engorgement and improve the production of milk.



## Fastens Womb Recovery

Encourage the discharge of lochia, help to reposition the pelvis, and improve the abdominal organs to return to pre-pregnancy positions.



## Helps To Relax & Reduce Stress

Treat stubborn headaches and migraines while easing your exhaustion.



# PRENATAL MASSAGE



## **Reduces Lower Hip & Back Pain**

- Improve the soreness and tiredness from carrying the weight of the growing baby.



## **Ease Pain & Reduces Leg Cramps**

- Eliminate excess water and strengthen strained muscles.




## **Improves Blood Circulations & Reduce Swelling**

- Prevent cramps and ease inflamed nerves by releasing muscle tension.



## **Provides Relaxation & Stress Reduction**

- Combat your pregnancy discomfort by relaxing your muscle tension and lowering stress hormones.





# MASSAGE BED ADD ON SERVICE

Designed with high-quality mattress and foot support, as well as adjustable headrest and armrests for a safe and relaxing massage experience. Sturdy and secure massage bed that is foldable for easy storage.



**Spa-Like Relaxation  
From Home**



**Enhanced Comfort  
In Any Position**



**Hassle-Free Massage**



**Hygienic**



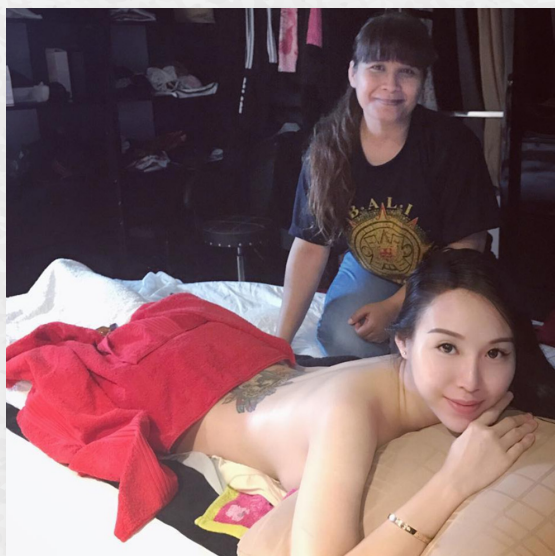
## @Chaneeyap

Glad to engage @postnatalmassage singapore to aid in my postpartum recovery again for the second time! I am back to my pre-pregnancy outfits already ✨

Love it that I can enjoy this in the comfort and convenience of my own home. Thank you @postnatalmassagesingapore.

## @zoeraymondtan

After each session, I have a herb applied on my forehead to prevent migraines & a binder I have to put on for 6-7 hours. Definitely saw results because I had a change of binder at the last few sessions!"



## @euchristelle

"@postnatalmassagesingapore My stomach & thighs are smaller & I've lost 6 kg as of now!"

# LET'S WORK TOGETHER



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## Locate Us

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