



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



**WSQ
Certified**



**Free Baby
Massage
Tutorial**



**Tested
and
proven
result**



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.



Speeds Up 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.

View our package: <https://www.pnsingapore.com/book-now/>

PRENATAL MASSAGE



Reduces Lower Hip & Back Pain

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



Eases Pain & Reduces Leg Cramps

Eliminate excess water and strengthen strained muscles.



Improves Blood Circulations & Reduces Swelling

Prevent cramps and ease inflamed nerves by releasing muscle tension.



Provides Relaxation & Stress Reduction

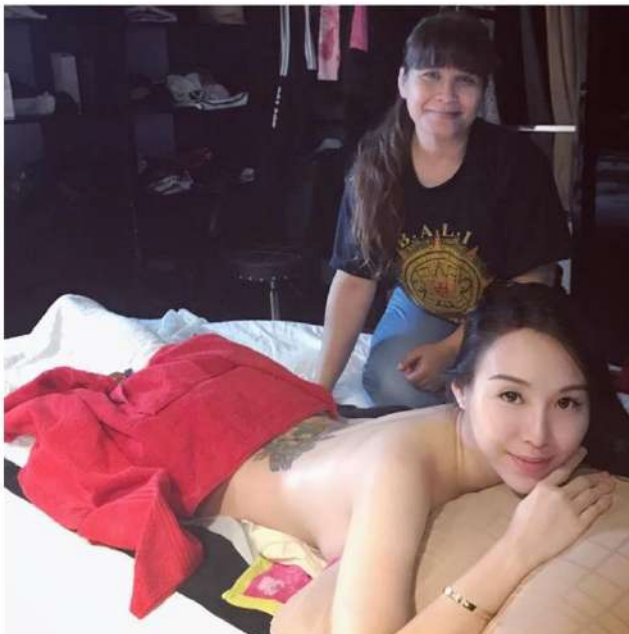
Combat your pregnancy discomfort by relaxing your muscle tension and lowering stress hormones.

View our package: <https://www.pnsingapore.com/book-now/>



“ Thank you @postnatalmassagesingapore!
I've thoroughly enjoyed each session,
it was so relaxing after having tiring
& sleepless nights.”
@chaneeyap ”

“ 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!”
@zoeraymondtan ”



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



LET'S WORK TOGETHER

OUR AWARDS



BEST
POST NATAL
MESSAGE 2019



BEST IN
PRE AND POST
NATAL MESSAGE
THERAPY 2019

WAYS TO CONTACT US



CALL US

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For more information: <http://bit.ly/PNSGmediakit>

