

# CALL THE DOULAS

## What to Expect During Your Massage

### Before Your Massage

Hydrate with water prior to your massage to make your massage more enjoyable. Arrive 10 minutes early so we can chat about your goals for the session.

### Massage Environment

The massage treatment room has fresh linens and a pregnancy side lying positioning system that I will show you how to use. There will be soft music and dim lighting to enhance the relaxation experience.

I use pure Organic Jojoba Oil throughout the treatment. If you have any allergies to Jojoba oil, please let me know.

### Modesty Draping and Privacy

You will be left alone to undress to your comfort level (you may want to remove your bra for a better back massage experience) and get under the sheets. Remember to remove your jewelry and put your phone on do not disturb.

The massage is discreet. Only the area being massaged will be uncovered, and you will have a breast drape while belly or back work is done so you feel safe and cared for.

### During Your Massage

Communicate with me about anything that you find uncomfortable during your session such as pressure, pain, if you need the restroom, etc. I will remind you to breathe to help reduce tension and assist in the flow of blood and oxygen in restricted muscle tissue. I encourage you to take this time to allow yourself to relax and connect with your baby and body in a unique way.

### Questions?

Contact Marilyn at  
[Hello@CallTheDoulas.com](mailto:Hello@CallTheDoulas.com).

