

7 Best Postnatal Massage Services For New Moms To Relax And Recover

By **Kwan Yi Leong** - May 18, 2022



Credit: *Andrea Piacquadio via Pexels*

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The postnatal period is a crucial time for new moms to recuperate from the aftereffects of childbirth. After all, nine months of pregnancy and an arduous delivery can take a heavy toll on the body. Apart from having quality confinement care and exercising, a postnatal massage can help moms regain their health and unwind from the chaos of caring for a newborn. Below, we explain what this therapeutic massage is all about, plus the go-to services for the best postnatal massage in Malaysia.

What Is A Postnatal Massage?



Credit: [Anna Tarazevich](#) via Pexels

A postnatal **massage** is basically a massage therapy for moms who have just given birth. In Malaysia, it usually comprises a full-body massage, hot compression (*bertungku*), and body wrapping (*bengkung*), carried out by a traditional or professionally trained masseuse. This rejuvenating massage aids in postpartum recovery and helps restore the body to its former condition.

How Soon After Birth Can You Get A Postnatal Massage?

If you had a natural birth, you can receive a postnatal massage as soon as you're ready. This can mean days or weeks after the birth. But if you experienced a C-section or complicated birth, you should speak to your doctor before scheduling a massage.

What Are The Benefits Of A Postnatal Massage?



Credit: [Tima Miroshnichenko](#) via Pexels

Postnatal massage provides several remedial benefits that help the body recover from childbirth, including:

Aiding In Uterus Recovery

As the uterus is enlarged during pregnancy, a uterine massage can help shrink the uterus down to its usual size and expel lochia (blood and other post-delivery discharge).

Reducing Swelling

Parts of the body, such as the feet and arms, may swell after labour due to water retention. A postnatal massage can relocate the water to the right areas, and increase lymphatic drainage to remove excess fluids and waste products from the body.

Alleviating Sores And Muscle Aches

Childbirth strains your body and so does **breastfeeding** if done in poor posture. A postpartum massage can improve blood circulation in the body, which relieves **aches** and **pains** quickly.

Improving Mental Well-Being

The drop in estrogen and progesterone levels post-delivery can adversely affect a mom's mood. Caring for a newborn isn't stress-free either. Having a calming massage can help regulate stress hormone levels and increase the feel-good ones. Chances are, when your mood improves, so will **milk supply** and **sleep** quality!

Shaping Up

The traditional practice of wrapping the abdomen in a *bengkung*, or **belly wrap**, expedites the contraction of the uterus and tucks the tummy in.

Stimulating Breast Milk Production

Some postpartum massages include breast massage, which is effective in reducing pain and unclogging blocked milk ducts.

Best Postnatal Massages For Moms In Malaysia

Postnatal massages are usually provided as part of **confinement** packages. If you'd like to engage your own, here are seven of the best postnatal massages for moms in Malaysia!

Tanamera Postnatal Massage



Credit: tanameraspa.com.my

For the ultimate spa and healing experience, treat yourself to Tanamera's **traditional postnatal massage**. In the healing hands of their therapists, you'll enjoy postpartum massages, heat treatment, **herbal bath**, abdomen wrap, and other herbaceous concoctions. All of these will help speed up overall recovery and soothe your tired mind. You can even choose to be pampered in the comfort of your own home or at one of Tanamera's lush wellness centres.

Locations:

Subang Jaya

12B-01, Jalan SS15/4D, 47500 Subang Jaya, Selangor

Contact: 03-5611 3205

Opening Hours: Mon – Sun, 10am – 7pm

TTDI

Level 2, Podium Block Plaza VADS, 1, Jalan Tun Mohd Fuad, TTDI, 60000 KL

Contact: 012-765 6521

Opening Hours: Tue – Sun, 10am – 7pm

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