



JUDITH MULGREW

Judith is a specialist in Women's Health & Fertility

BOOSTING COUPLE'S FERTILITY WITH ARVIGO MAYA MASSAGE

This month Judith discusses how Arvigo Maya Massage can benefit both you and your partner on the road to parenthood.



Becoming a parent is one of the happiest and most fulfilling times of our adult lives. A new baby brings with it much excitement and celebration, albeit with many a sleepless night in between! However, for as many as 1 in 3 couples who struggle to conceive, the journey to parenthood may not be as straightforward or as happy a time as it should be. For couples facing fertility challenges, it can be a stressful time, full of worry and uncertainty. My work as one of the few Arvigo Maya Massage practitioners in Ireland has opened my eyes to the problems faced by some couples on their journey to conception and I am delighted to be able to offer a service that can help at this difficult time.

The Arvigo technique incorporates a holistic approach to healthcare and includes massage, anatomy, physiology and nutrition, as well as promoting emotional well-being. Based on the ancient Mayan technique of abdominal massage, Arvigo Maya massage uses an external, non-invasive manipulation technique, aimed at repositioning internal organs that have shifted, thereby restricting the circulation to these areas. It thereby sets out to correct poor dynamics of the abdomen, helping to guide the uterus back into a better functioning position therefore boosting circulation to this area. Men benefit greatly from these techniques also. By ensuring a full blood supply to the prostate, the abdominal massage helps to prevent swelling and inflammation and

can increase sperm count. In addition, the massage helps relieve prostate swelling, some impotency problems and the need to urinate frequently.

Often couples tell me that having Arvigo Maya Massage has helped them relax and de-stress, something which in turn can have a positive effect on our fertility – when we feel stressed our body does not function quite as it should, often having a knock on effect on our reproductive systems. I work with couples to advise them on small lifestyle changes which in many cases can make a world of difference.

Whilst many couples go on to conceive naturally, the treatment perfectly complements conventional medical treatments and can be carried out alongside IVF and other fertility treatments. For more information, or to book your consultation, please contact Judith on (028) 90681066 or info@skinmedispa.co.uk

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Fertility

Arvigo Maya Massage
Pregnancy Massage