

Pregnancy Massage

Of all the measures you can take to create a healthy pregnancy, massage therapy is perhaps the most nurturing. Therapeutic massage helps women connect to their ever-changing pregnant bodies and gives them a chance to rest and regroup. During this time of expansion, considerable strain is placed on the shoulders, rib cage, low back, sacrum and hips joints. Massage lengthens strained back muscles, eases sciatica and increases circulation in tired feet. Women rest comfortably on their sides supported by pillows—and experience such deep relaxation that they generally fall asleep during the session.

Biodynamic Craniosacral Therapy

A gentle and restorative therapy, biodynamic craniosacral therapy (BCST) works with the body's natural rhythms of movement, including the flow of blood, lymph, cerebrospinal fluid and cells. Challenges to the immune and nervous systems, such as stress and pregnancy, can distort and disrupt these movements. BCST interfaces with them in order to restore flow and balance.

"If the family were a container, it would be a nest, an enduring nest, loosely woven, expansive and open."

—Letty Lottin Pogrebin, American Writer



Susan Gray, BCST, LMT, NCTMB, is a biodynamic craniosacral therapist and a licensed and nationally certified massage therapist. Her work focuses on body awareness, self-image, nurturing and pain relief, including issues related

to stress, pregnancy, addiction and eating disorders. Susan brings an integrative approach to her practice, combining craniosacral therapy, therapeutic massage, guided imagery, breathing techniques and essential oils, to help create optimal well-being.

A birth doula since 2001 and a member of the International Association for Infant Massage, she is particularly interested in the study of self regulation and the attachment process of mothers and infants. Susan currently works in her private practice located at Wellspring Integrative Medicine in Evanston. She is a graduate of the Chicago School of Massage Therapy and the International School of Biodynamic Craniosacral Therapy, and holds a Bachelor of Arts degree from Michigan State University.

Treatments scheduled by appointment only.
Gift certificates for services available upon request.

Susan L. Gray, BCST, LMT, NCTMB

Wellspring Integrative Medicine
1565 Sherman Ave.
Evanston, IL 60202

773.710.9219

www.wellspringintegrative.com
www.susangraywellness.com



Families

From the Heart

Empowering Families
Through Touch and Education

Susan L. Gray, BCST, LMT, NCTMB

Wellspring Integrative Medicine
1565 Sherman Ave.
Evanston, IL 60202

773.710.9219

www.wellspringintegrative.com
www.susangraywellness.com

Supporting All the Paths to Motherhood



Welcome!

Over the past decade, I have seen women enter the world of motherhood through a variety of doors. The journey may include a pregnancy planned with or without a partner, a surprise pregnancy followed by single motherhood, a long-awaited adoption or success through advancements in fertility. I believe that each woman deserves nurturing on this mysterious and sacred journey—and I have devoted my practice to supporting *all* the paths to motherhood.

The intention of my practice is to meet up with each woman, wherever she is on this path, and empower her through touch, education, awareness, and trust in her feminine body and inherent wisdom. My services include Craniosacral Therapy, Massage Therapy, Comfort Measures for Childbirth and Infant Massage Instruction.

I have had an active practice for more than 11 years and I invite you to read about my approach and philosophy. Please feel free to call me with any questions you may have.

Wishing you good health,

Susan L. Gray, BCST, LMT, NCTMB

Comfort Measures Class for Childbirth

As your due date approaches, it is time to draw your energy inward to prepare for labor. This class, held in the comfort of your own home, addresses many of the questions you may have about the birth experience:

What can I expect at the hospital?

How do I really know when to leave my house?

How can my partner participate?

What if I want an epidural?

What if I want to birth naturally?

What should I pack in my bag?

In the class, you will also:

- Review birth preferences
- Learn about interventions
- Experience breathing techniques and birthing positions that will be most comfortable for you during the labor and pushing stages

FEE SCHEDULE

Pregnancy Massage	1 hr	\$85
Craniosacral Therapy	1 hr	\$85
Comfort Measure Class	2½ hrs	\$120
Infant Massage Instruction	1 hr	\$65

Home visit includes oil and instructional handouts

Group classes available.

Call 773.710.9210 for locations.

Infant Massage Instruction

The beauty of infant massage is the hands-on communication that parents share with their babies. Parents learn simple soothing strokes incorporating timeless Swedish and Indian massage techniques.



Through infant massage you can:

- Tone baby's digestive, respiratory and circulatory systems
- Learn to interpret and respond to your baby's cues
- Discover self-relaxation techniques as a parent
- Incorporate all elements of bonding – eye contact, voice, smell and skin-to-skin contact

Infant massage also has a profound impact on the relationships in adoptive families. Since babies are born only partly hard-wired by their birth parent, nurturing experiences complete the neural wiring.

“A baby is born with a need to be loved—and never outgrows it.”

—Frank A. Clark, American Writer