



Mellow Mama

Supporting Moms through every stage of motherhood.



Who We Are & What We Do

At Mellow Mama Massage, we recognize that a mother's well-being is integral to both her own health and the care of her baby. Our specialized perinatal and infant massage services are tailored to support mothers at every stage of their journey, from pregnancy to postpartum recovery. By addressing physical discomfort, promoting relaxation, and aiding in the healing process, we aim to enhance maternal health and resilience, ultimately benefiting both mother and child.

EMPOWERING MOTHERS

POSTPARTUM CARE

INFANT MASSAGE

LACTATION
CONSULTING

PERINATAL SUPPORT

Now Offering:

BI-WEEKLY COMMUNITY BREASTFEEDING CLINIC

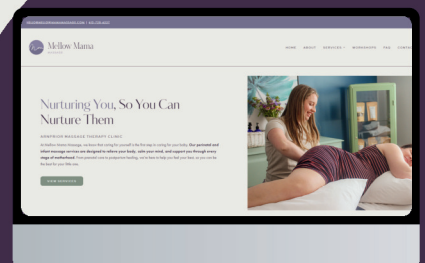
Every second Monday from 12:00 pm to 1:00 pm, parents can schedule a 10-minute mini-session with an IBCLC. Sessions include latch assessments and baby weigh-ins, helping mothers decide if further consultation is needed. Please register online to secure a spot.

PRENATAL EDUCATION WORKSHOPS

Join us for an evening of empowerment as we explore how prenatal education helps parents understand labor and delivery, fostering confidence and active participation. These evidence-based workshops ease fear, boost self-efficacy, and support smoother births and better postpartum recovery.



Visit us online to learn more!



☎ 613-720-6227
✉ hello@mellowmamamassage.com | www.mellowmamamassage.com
📍 152 John St. N Arnprior, ON K7S 2N7

SCAN ME

