

LACTATION MASSAGE

Increase your breastmilk
production



Breastfeeding is the best source of nutrition for your baby. To make the most informed choice about this important decision, our **World Alliance for Breastfeeding Action (WABA)** certified nurses will guide you to a healthy lactation.

Lactation massage benefits the mother in various way. It will increase the **quality of the milk** parts, solid, lipids, casein concentration and gross energy, ensuring your infant will receive the best breastmilk.

With the session of lactation massage with our nurse, it gives us the ability to **identify breast cancer** at its earliest stage, which may improve your outcome.

Improving your breast appearance through lactation massage and specific oils that will remove most of the stretch marks and increase blood flow to breast tissue to prevent the appearance of saggy breasts.

Massage using both thumbs in circulatory motion to the lateral sides of the spine helps to stimulate oxytocin secretion which **improves movement of milk** into the breast.

LACTATION MASSAGE SESSION

B\$88 A session of lactation massage and consultation with our certified lactation nurse.

LACTATION MASSAGE PACKAGE (BASIC)

B\$258 This package consist of 3 sessions, an initial consultation and follow ups with our certified lactation nurse. with multiple lactation massage sessions, it wil increase the quality of milk and production.

Nurses certified by



World Alliance for
Breastfeeding Action

OBSTETRICS AND GYNAECOLOGY CLINIC CLINIC HOURS

Mondays to Fridays 8:00am - 5:00pm

Saturdays 8:00am - 12:00noon

JERUDONG PARK MEDICAL CENTRE

Jerudong Park BG3122, Brunei Darussalam

T+673 261 1433 **F** +673 261 2461 **E** marketing@jpmc.com.bn

Emergency Line 261 2612 | 717 2172



Jerudong Park Medical Centre



jpmcbrunei



jpmcbrunei.com