



Pregnancy Treatments at the spa.

We aim to ensure clients have the best possible advice both prior to and post-treatment. Please read the following information prior to booking an appointment in the spa.

We specialise in specific mum to be treatments and products which are tailored to suit pregnancy.

pre advice

- We will only treat ladies that are in their second or third trimester
- Please advise us when booking if you have any other special requirements
- Don't take hot baths prior to your appointment
- Any lower back or abdominal pain please advise your therapist of this prior to treatment and if severe contact your GP for general advice

After effects

- Tiredness
- Visiting the toilet frequently – this allows your body to get rid of waste
- Runny nose – this allows your body to get rid of toxins
- Headache
- Hunger
- Increased thirst

These symptoms are harmless and some people do not suffer from these at all. However, if you do, all it means is that your body is in the repairing phase and may take a while to adjust.

Do's

- Relax. Allow yourself to have some "me" time after your treatment and do something you enjoy. Read a book, go for a gentle walk, nap etc.
- Leave the oil or products on for as long as possible – oil in the hair isn't always a favorite but it is so beneficial so if you can avoid washing your hair immediately after treatment, then please do.
- Keep yourself warm, wrap up. You may feel the cold more after a treatment
- Drink plenty of water, preferably warm. Indulge in herbal teas
- Give feedback after your massage – all feedback is greatly appreciated!

Don'ts

- Have a heavy meal after a massage. Massage stimulates the digestive system and eating a large meal soon after may make you feel nauseous.
- Smoke
- Drink caffeinated drinks. caffeine could cause dehydration. Allow 12-24 hours
- Rush around or exercise vigorously – allow yourself to relax