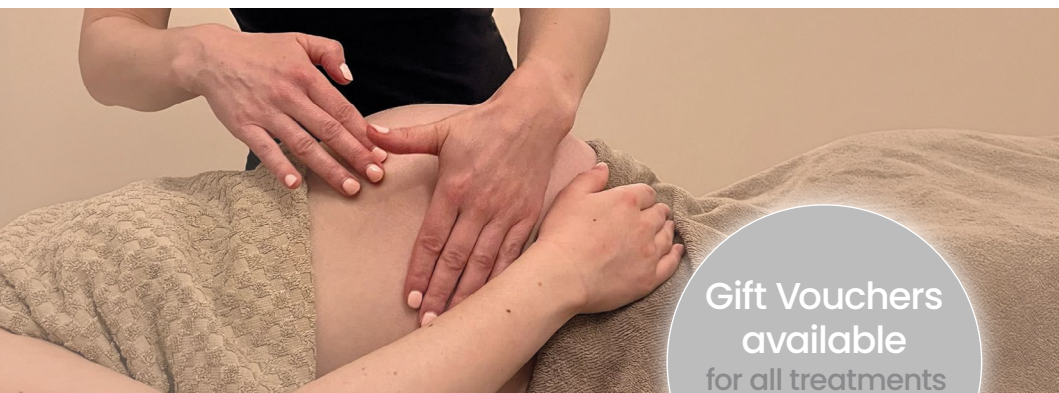


PREGNANCY MASSAGE



Gift Vouchers
available
for all treatments

Call, email or pop in
to purchase

Our pregnancy massage treatments are carefully designed to support you in and around your pre and postnatal journey.

PREGNANCY OR PRENATAL MASSAGE

Pregnancy or Prenatal Massage is a therapeutic treatment for expectant mums. Gentle, soothing techniques are used to alleviate pregnancy-related discomfort, reduce muscle tension and promote relaxation. With a focus on safety and comfort, this nurturing treatment aims to enhance overall well-being and create a serene environment for both mum and baby.

90 mins	£85
60 mins	£60

Available from after your dating scan (approx. 12 weeks gestation)

POSTNATAL MASSAGE & RECOVERY

Postnatal Massage is offered to support new mums from 6 weeks post birth. Swedish massage techniques are used to relieve tension around the back and shoulder area, which is common during feeding, lifting and holding your baby. Can also help speed up healing from a natural, assisted or c-section birth.

60 mins	£60
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Available after sign off from your midwife and health team visitor (usually around 6 weeks post birth)

See reverse for details on how to book