

Reflexology & Pregnancy



Many pregnant women enjoy reflexology & find it beneficial*

- Reflexology is safe to use during pregnancy*
- Antenatal reflexology may reduce the duration of the second stage of labour for first time mums with low back and / or pelvic girdle pain*
- Reflexology cannot turn a breech / transverse baby, but may help to encourage the conditions in and around the pelvic girdle needed to allow baby to turn safely
- Reflexology cannot induce labour, but may encourage body and mind to relax, creating the perfect conditions for the birth

For more information about how reflexology might be able to support you during your pregnancy contact:

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