

## Fertility issues

I have been treating those planning to start a family, or trying to conceive, for many years, and have seen how sensible lifestyle choices and regular treatment sessions may lead to a happy outcome.

- Pre-conceptual treatments may enhance your fertility and ensure you are in the best physical and emotional condition to optimise your chances of conception.
- Reflexology may help ease symptoms of Polycystic Ovarian Syndrome and Endometriosis - perhaps contributory factors if you are experiencing fertility problems.
- Treatments may encourage regulation of the menstrual cycle following long-term oral contraceptive use.
- Treatments can also support those undergoing Assisted Conception - helping to relieve anxiety and decrease the production of stress hormones, as well as encouraging relaxation at the deepest level

## Maternity Reflexology

I have been a maternity reflexologist for many years and feel privileged to have been able to support so many expectant mums throughout their pregnancies. Specialised treatment sessions are offered at my practice. Some women may experience discomfort and minor ailments during pregnancy. These respond very well to reflexology.

- morning sickness and nausea
- back pain
- heartburn
- constipation
- fluid retention
- carpal tunnel syndrome
- hyperemesis
- pelvic girdle pain

Your body will be going through considerable changes whilst you are pregnant and specialised reflexology can help relieve many of these conditions and help calm and soothe you too.

Sessions will also include relaxation techniques, endocrine and lymphatic balancing.

## Make your pregnancy a fantastic experience

Pregnancy, especially the first one, is a fantastic experience. Astounding changes happen to women during pregnancy. Every body system is involved.

So are the emotions and feelings too!

Regular sessions will help a woman keep up with her hormonal changes. It will help her mentally and physically prepare for her labour.

Research has shown that women who actively choose to receive regular reflexology during pregnancy appear to be in a more relaxed state of mind.

This has a direct impact on the developing baby and on conception.

Stress, anxiety, tension and fear are natural emotions felt during pregnancy. Reflexology can have a profound effect on calming these feelings.