

# Fertility amp Maternity Reflexology amp Massage



Location

South West, Isle Of Wight

<https://www.freeadsz.co.uk/x-444080-z>



Full qualified in advanced training for Fertility & Maternity Therapies, Massage & Reflexology Pregnancy Massage - gently eases muscular aches, encourages lymphatic flow therefore reducing water retention and associated discomforts, promotes relaxation and helps de-stress whilst improving the quality of sleep. Maternity Reflexology - is often used to soothe the aches and pains in your back and joints that are taking a beating from your growing girth and is also hugely supportive at balancing hormones to aid the natural onset of labour and encourage more effective contractions, allowing for more comfortable, efficient labour. Fertility Reflexology - difficulties in conceiving can often be very stressful and upsetting for couples. There are many different causes for infertility or sub-fertility and reflexology may be able to help where problems are linked to stress/anxiety or hormonal imbalances (e.g. Endometriosis, Polycystic Ovary Syndrome, irregular or no menstrual cycle etc.). Ideally both partners should be included and considered for Infertility Reflexology treatment. Both sperm & ova need to be healthy to aid conception and hold a healthy pregnancy. For more information on all services offered, <http://www.zenses-holistic-therapies.co>



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