



# PREGNANCY GUIDELINES

Dear expectant mother,

Congratulations on your pregnancy!

We understand that this is an exciting time and we want to ensure that your Spa experience is safe and enjoyable. Here are some important guidelines to help you have a relaxing and rejuvenating experience:

Avoid excessive heat, which includes saunas, the sanarium, steam rooms, jacuzzi's and the hydrotherapy pool.

Please enjoy our cooler areas such as the tepidariums, footbaths, experience showers, caldarium and the swimming pool.

Be mindful that your body temperature may fluctuate so stay hydrated and take yourself away from the experiences to cool down if feeling faint or unwell.

Our massage treatments can only be performed after the first trimester (12 weeks) of pregnancy. If you are within this time and have a massage booked, please see the Spa team who can look at an alternative treatment for you.

Most of our facials, manicures and pedicures can be performed at any stage of your pregnancy.

Our experienced therapists are trained to accommodate your changing body during treatments. They can use supportive pillows or bolsters to ensure your comfort, however, please feel free to communicate any discomfort or preferences during the treatment.

Take advantage of your visit to unwind and relax. Enjoy this special time for self-care and rejuvenation. We have water beds and loungers in our relaxation room or sit peacefully in our whisper lounge, which are both located on the first floor.

If you have any further questions or concerns, our Spa staff will be more than happy to assist you.

We wish you a joyful and memorable Spa experience during this special time in your life!

**The Whittlebury Spa Team**