

Aromatherapy And Massage For Mother And Baby - Allison England

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Every mother-to-be approaches pregnancy differently; some are excited and positive in their outlook, while others feel apprehensive stressed and worried. One of the most popular forms of complementary treatment, aromatherapy is an ideal way to help you through the stresses, strains and discomforts of pregnancy, birth and into the first six months of motherhood. Fully updated, Aromatherapy and Massage for Mother and Baby shows you how to choose and use the fragrant, gentle essential oils. It shows you how the recipes, made up simply and safely at home, can alleviate the discomforts of pregnancy, labour and the postnatal period, as well as problems with your baby such as nappy rash and teething. In addition, it provides clear instructions on how to treat yourself and your baby to soothing massage. Comprehensive and easy-to-follow, with an A-Z reference guide to essential oils, Aromatherapy and Massage for Mother and Baby ensures a happier, healthier, more relaxed pregnancy and motherhood. Author: England, Allison Publisher: Ebury Digital Illustration: N Language: ENG Title: Aromatherapy And Massage For Mother And Baby Pages: 00160 (Encrypted EPUB) On Sale: 2008-09-04 SKU-13/ISBN: 9780091822750 Category: Family & Relationships : General Category: Health & Fitness : Aromatherapy Category: Health & Fitness : General

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