



# reflexology for pregnancy + childbirth: promoting wellbeing mums + babies with Tracy Chau

**Reflexology** is extremely safe and effective in treating pregnant women, especially if one is experiencing discomforts during pregnancy. It can relieve fatigue, oedema (water retention around ankles and legs), bring high blood pressure down, ease stomach reflux or indigestion as well as back or groin pain. So why not give yourself and your baby a good start by promoting optimal health from the womb? Having regular treatments will also help your body to recover from birth more quickly as your body is closer to its state of equilibrium. This treatment can also help promote contractions towards the end of the term as well as support breech babies in turning.

Reflexology enhances the health + well being of the mother, which has many benefits for the baby. It is wonderful to induce relaxation which is important for a positive birth. Relaxation is vital as it helps to invite more oxytocin to the body. Often, when stressed or worried, our adrenals work harder, hindering the flow of oxytocin which is vital during the birthing process as it helps to bring on contractions.

**Tracy** trained in Maternity Reflexology with eminent practitioner/midwife Susanne Enzer. She facilitates healing through breath, meditation, visualisation + reiki and employs her knowledge of food + its properties to encourage its use as restorative medicine for the body. She is also a doula, trained by renowned obstetrician Dr Michel Odent.

Please visit [www.omfeet.co.uk](http://www.omfeet.co.uk) for more information.

Wednesday	Soho	12.00 – 4.00pm	60min	£60
Saturday	Primrose Hill	9.30am – 1.30pm		

**triyoga primrose hill + soho**

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