

Acupuncture

- Nausea and Vomiting
- Anxiety, Depression and Fear
- Constipation
- Fatigue and Exhaustion
- Insomnia
- Varicose Veins
- Restless Legs
- Haemorrhoids
- Urinary Tract Infections
- Oedema
- Pelvic Girdle Pain (PGP)
- Low Back Pain, Hip Pain and Sciatica
- Birth Preparation (from 36 Weeks)
- Post Dates Treatment (from 40 weeks)
- Postnatal Ailments: Mastitis, Lactation and Emotional Issues

Treatments last for 1 hour - £40

Moxibustion

- Suitable from 34 weeks pregnant
- Moxibustion and supply of moxa sticks + acupuncture treatment - £85
- Moxibustion and supply of moxa sticks - £60

*Not suitable for women who have had a previous caesarean or uterine surgery, have a know large or very small baby, oligohydramnios, polyhydramnios, low lying placenta, high blood pressure, diabetes or those whom have been declined an ECV (External Cephalic Version).

Hypnobirthing

- Private Classes – All course material provided
2 ½ hour session, once a week for 4 weeks in the comfort of your own home - £250
- Refresher Class – Course tailored to meet individual needs – All course material provided
2 hour session in the comfort of your own home - £125

Traumatic Birth Recovery – 3 Step Rewind

- 3 sessions carried out in the privacy of your own home - £160
session length may vary to meet clients individual needs