# Pamper Mommy-To-Be

Pampering yourself during pregnancy is essential. Taking a little time out of your day to spend on yourself can make a significant difference both mentally and physically. Whether it's getting a massage or sitting by a fire to read a book, you owe it to yourself.

### Massage

Prenatal massages from a therapist certified in prenatal massage are generally safe for pregnant women; however, it is advised to talk with your health care provider first. Massages have proven to alleviate lower back pain and improve range of motion, a struggle for most pregnant women in their third trimester. Massages also enhance immunity by stimulating the body's natural defense system.



#### **Pedicure**

Your body is growing and tired from carrying around extra weight. As you get closer to your due date, you may find it difficult, or even impossible, to reach your feet. Pedicures are a nice way to relax, and a little extra treatment is a great way to help you feel good. Massaging the feet causes increased circulation in the calves and feet and can reduce pain. According to the American College of Obstetricians and Gynecologists (ACOG), polishing your nails is safe as long as you are in a well-ventilated room.

# **Hair Style and Coloring**

Now is the time to get a hair cut that makes you feel beautiful and is easy to manage—before your baby arrives. If you like having your hair colored or highlighted, it is safe to do so during pregnancy according to the ACOG.

## Naps

Your body is working extra hard supporting the development of your baby, which will cause you to be more tired than pre-pregnancy. Take this time to treat yourself to guilt free naps—your body deserves the rest. Taking naps and being well rested will help prevent you and your baby from getting sick. Being well rested results in less stress, increased productivity, increased cognitive function, and better health for you and your baby overall.

## **Bubble Baths**

Enjoy the relaxation of warm water and bubbles soothing your body. When you are physically or mentally stressed, so is your baby. Although bubble baths have great benefits, some caution needs to be taken. Keep the temperature of the water at 100°F or lower. Extremely hot water can harm your baby's development. If your skin turns pink upon entering the water, it is too hot.

Allouez Health Center (920) 436-1360

**Howard Health Center** (920) 405-1430

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Plymouth Health Center (920) 892-4322

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