

me & my baby

THERAPY CLINIC • YOGA • PILATES

London's Best kept Secret for Mum's is Out.

Lisa Barnwell's Signature Pregnancy Massage is chosen by Chelsea and Westminster Hospital for their private maternity unit.

The miracle answer for all pregnant mummy aches and pains is secret no more. Lisa Barnwell's Signature Pregnancy Massage at London's Top Therapy Clinic for mums, bumps and babies is now the treatment of choice for The Kensington Private Maternity Wing at Chelsea & Westminster Hospital.

What better way to look after yourself throughout pregnancy or kick start your maternity leave than by allowing yourself to relax in the safe and secure hands of Expert Maternity Aromatherapist & Reflexologist Lisa Barnwell, Director and Founder of Me & My Baby Therapy Clinic.

Lisa's unique massage has been created to nourish you and your bump; ease swollen legs and ankles, knead out knotted shoulders and leave you feeling calm and confident before the birth. With an in depth and superlative knowledge of the demands pregnancy has on the body and mind, her personal combination of essential oils - individually blended for each client - deep tissue and Swedish massage, reflexology and acupressure result in a sublime treatment that goes beyond the routine.

For more information, contact Me & My Baby Therapy Clinic on 020 7751 4170 or at www.meandmybabyclinic.co.uk

For more press information about Me & My Baby, contact Becky Stevens PR on 07970 433326 or email becky.stevenspr@googlemail.com

For more press information about The Kensington Wing at Chelsea and Westminster Hospital, contact Matt Akid on 020 8846 6828 or email matthew.akid@chelwest.nhs.uk

The relaxing hormones that a mother-to-be produces when she receives a massage, directly passes across the placenta, helping baby to feel calmer and more relaxed.

It is now believed this can promote the growth of your baby's brain in a calmer form, setting up pathways to enable him or her to deal with stress more effectively. Her treatment is also safe when breast-feeding and is uniquely adapted for the new mother. New Mums are encouraged to bring their babies to their first few treatments to avoid the early impracticalities and emotional wrench of leaving a little one elsewhere.

Lisa Barnwell has over ten years experience of successfully treating pregnant and new mums and is loved by celebrities for her discreet and bespoke approach. Originally established in 2006 directly across from Chelsea & Westminster Hospital, clients now enjoy the more leafy surroundings of Parsons Green,

Me & My Baby Therapy Clinic specialise in helping all pregnancies run smoothly. Keeping mind and body at its optimum can have a positive effect on you and your growing family. Through the creation of a mini networking community, support is gained through the participation of Antenatal Education & Exercise Classes, HypnoBirthing workshops and Baby First Aid alongside an abundance of Lifestyle & Wellness seminars - all on offer at this blooming baby clinic.

