

CALM AND CLEAR COMPLEMENTARY THERAPIES

Mothers-to-be looking to unwind need look no further than Calm and Clear Complementary Therapies. For pure indulgence why not choose between a luxurious Facial Rejuvenation or a soothing Indian Head Massage? And treatments don't stop there; Calm and Clear Complementary Therapies is a one-stop holistic therapy centre which specialises in helping to make your pregnancy more comfortable. A session of Maternity Reflexology, Maternity Massage or Manual Lymph Drainage are all great ways to combat the physical rigors of pregnancy whilst also helping you to feel energised. Calm and Clear Complementary Therapies offer a consultation prior to all treatments to ensure they can really cater to your needs. Owner of Calm and Clear, Rima Shah, is one of the country's leading specialists in fertility and pregnancy complementary therapies, and she has created the perfect sanctuary for expectant mothers with her top-to-toe treatments. Clients leave Calm and Clear Complementary Therapies feeling totally relaxed, refreshed and revived.

Various locations,
www.calmandclear.co.uk,
07947 359 838



Oh Baby! MUM'S THE WORD