Bumps, Bubs and Bliss

Ripple launches mobile pregnancy massages across all its regions

Mums-to-becan relax at home now and enjoy the experience of an in home massage, as Rippleexpands its pregnancy massage services across all its regions. More information is at Pregnancy Massage

Beinga mum is magic, but pregnancy can put a big strain on your body, said AlisonShaw, owner of Ripple Massage.

Musclescan ache, feet can get swollen and sometimes pregnant mums just need a littlepampering and care.

Pregnancymassage is fantastic as it relieves muscle spasms and cramps that come withcarrying the extra weight of a bub and other physical changes that occur duringpregnancy.

Italso reduces the stress in the mothers joints and other bone structures, andthe health of both the mother and baby are enhanced by the increase of bloodand lymph circulation, the reduction in edema and by increasing cellularrespiration.

Aswell as that it feels fantastic to have a therapist come to your home oraccommodation and focus on you for a change. So many Mums spend their livestaking care of others, that to have some quiet time where they are spoilt is awelcome retreat from everyday life.

Ripplespecialises in pregnancy massage, and its therapists are professionally trainedto provide safe, relaxing treatments for all clients in their second or thirdtrimesters.

Packagesinclude all the free day spa extras that Ripple has become known for, includingcleansing facemasks and walnut exfoliation.

Ripplealso does full beauty services including manicures and pedicures for thoseMums-to-be who enjoy the convenience of a beauty therapist that comes to them.

Formore information on Ripple or to make a booking please phone 0438 567906 or visit www.ripplemassage.com.au

Rippleprovides a unique mobile day spa service to women, men and couples throughoutthe Gold Coast, Mt Tamborine, Brisbane, Sunshine Coast,

Byron Bay, Melbourne,Yarra Valley, Great Ocean Road, Mornington Peninsula and Geelong regions. Alsoall Sydney and Tasmania.

Wewelcome journalists trying out one of our spa packages, please contact us fordetails. High res pictures available.

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