

Generously Luxurious Signature Package Additional information...



Rise Signature Package is generously luxurious, you will be pampered and cared for throughout your entire pregnancy. At each appointment, you will have the undivided attention and support of an experienced and caring midwife. From the moment you get that little blue line on your pregnancy test until you have your little bundle of joy in your arms, you will receive regular complementary therapy treatments. We recognise most pregnant women need time, someone to hold space for them, to discuss hopes, fears, past experiences, and desires. Rise offers that sanctuary to be pampered, relieve anxiety, and reduce stress.

Pregnancy is a time in your life when you should engage in self-care, and improve both your physical and mental health. Engaging in self-care has been clinically proven to reduce or eliminate anxiety and depression, improve concentration, minimize frustration and anger, increase happiness, and improve energy. Rise Signature Complementary Package includes using a combination of therapies including acupuncture, reflexology, structural reflex zone therapy, aromatherapy, and massage at each appointment:

1st trimester – Common pregnancy problems often start to occur and are at their worst during the first few weeks of pregnancy. These include nausea and vomiting, fatigue, constipation, and insomnia. Rise therapies can help you cope with these issues with a series of three 1st trimester complementary therapies.

2nd trimester will consist of a series of four treatments to help ease the physiological discomforts of pregnancy. This therapeutic clinical intervention will trigger the body's own healing capacity, helping the body adjust to the changes of pregnancy.

3rd trimester – You will be seen fortnightly, in this series of treatments is time to talk with a midwife you have had time to build a trusting relationship with, you should feel empowered to embrace these relaxation treatments.

Included is the **birth preparation package** of treatments. After nine months of caring for your baby, this package is designed to helping you feel prepared and calm and reduce the anxiety and worries one feels before going into labour.

Avoiding medical induction of labour **Post Dates Package 40-42 weeks**. Post-date treatments aim to encourage the natural onset of labour and avoid the need for medical induction of labour by and helping you to feel relaxed, calm and encouraging the release of oxytocin.

4th trimester (postnatal), you will receive three treatments in your own home. Supporting relaxation and reducing stress, treating specific ailments such as haemorrhoids, tender breasts, wound healing, reduce inflammation, delayed milk production or low milk supply

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Generously Luxurious Signature Package Information Continued- Example Appointment Plan

All our plans are bespoke, this is an example of how your treatment plan may look:

Week 10. 1-hour hands-on treatment

Week 11. 1-hour hands-on treatment

Week 12. 1-hour hands-on treatment

Week 15. 1-hour hands-on treatment

Week 19. 1-hour hands-on treatment

Week 23. 1-hour hands-on treatment

Week 27. 1-hour hands-on treatment

Week 29. 1-hour hands-on treatment

Week 31. 2-2.5-hour one-to-one birth preparation session inc. 1-hour hands-on treatment

Week 33. 1-hour hands-on treatment

Week 35. 2-2.5-hour one-to-one birth preparation session inc. 1-hour hands-on treatment

Week 37. 1-hour hands-on treatment

Week 39. 2-2.5-hour one-to-one birth preparation session inc. 1-hour hands-on treatment

Week 40. Post-date treatment followed by relaxation therapy.

Week 41. Post-date treatment followed by relaxation therapy.

Week 42. Post-date treatment followed by relaxation therapy.

1st Postnatal 1-hour hands-on treatment

2nd Postnatal 1-hour hands-on treatment

3rd Postnatal 1-hour hands-on treatment

For a 1-hour hands-on treatment allow 20 minutes extra for assessment, aftercare advice, and blending of bespoke aromatherapy oil (appointment time will be around 80 minutes).

You will receive an aromatherapy oil blended bespoke for you to take home and continue treatment at each appointment.

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