

CHILTERN AROMATHERAPY



ANTE NATAL AND POST NATAL TREATMENT INFORMATION

PRACTICE INFORMATION

Practitioner Craig Vassie is a clinical aromatherapist who specialises in Women's Health. In practice since 1996, he is a full member of IFPA, the International Federation of Professional Aromatherapists, and he holds a Diploma in Ante Natal Massage. For more information, please see our main [Practice Information](#) leaflet, or visit www.chilternaromatherapy.co.uk.

Please note that we use evidence-based practice. Our treatments are designed to complement, and not to replace, your relationship with your GP or midwife. We may refuse or discontinue treatment where contraindicated.

ANTE NATAL TREATMENTS

We offer treatment, advice and support to assist with:

General Relaxation – “Quality Time”
Morning Sickness
Back Pain
Carpal Tunnel Syndrome
Constipation
Cystitis / Thrush / Vaginal Discharge
Perineal Massage
Stretch Marks
Symphysis Pubis Dysfunction

Aromatherapy or massage treatment is of considerable help in dealing with many minor problems during pregnancy. Detailed information is available – please ask.

**PLEASE BRING YOUR ANTE NATAL CARD TO EVERY TREATMENT
APPOINTMENT**

SELF CARE ROUTINE

From 20 weeks, we teach a massage routine for self care of your growing abdomen and breasts. This daily routine encourages skin elasticity and helps to prevent stretch marks. Our specially-formulated cream nourishes your skin at this demanding time.

From 30 weeks we also teach perineal massage. Many studies have shown that antenatal perineal massage significantly reduces the risk of perineal trauma i.e. a tear or an episiotomy, during childbirth. We strongly recommend daily perineal self-massage from 30 weeks on.

“Antenatal perineal massage reduces the likelihood of perineal trauma (mainly episiotomies) and the reporting of ongoing perineal pain and is generally well accepted by women. As such, women should be made aware of the likely benefit of perineal massage and provided with information on how to massage” Beckmann MM, Garrett AJ. Antenatal perineal massage for reducing perineal trauma. *Cochrane Database of Systematic Reviews* 2006.

POST NATAL TREATMENTS

We offer treatment, advice and support to assist with:

General Relaxation – “Quality Time”
Back Pain
Cracked / Sore Nipples
Cystitis / Thrush / Vaginal Discharge
Depression
Perineal Trauma
Post Natal Recovery
Symphysis Pubis Dysfunction

Please call us for more information

WHAT HAPPENS WHEN I COME TO SEE YOU ?

If you have never been to an Aromatherapist before, we will spend some time with you showing you our collection of essential oils, creams and carrier oils, and allowing you to smell those of your choice.

The first time that you come to see us, we will want to review your medical history with you, to ensure that we are able to help you, and that there is no reason why Aromatherapy would not be advisable. If you are taking any medication, please bring details with you.

Your comfort and well-being are very important. In addition to using a standard massage couch, we also use a massage chair which is ideal for back and abdominal massage in the last few weeks of pregnancy. *Oils and creams for your use are blended in front of you so that you can see exactly what they contain.*

To complement your treatment, we will also usually offer you an oil blend or a blended cream for home use.

BRING YOUR PARTNER?

Your partner is welcome to attend if you wish. We can teach your partner a simple back massage routine in a single session.

TO MAKE AN APPOINTMENT

Please telephone us between 9:30am and 6:00pm Monday to Friday on (01494) 816651. Appointments depend on the availability, but we will try to fit in with your work and home commitments. Weekend and early evening appointments are often possible.

CHARITY SUPPORT

Chiltern Aromatherapy is a member of *Wycombe Chilterns Complementary Therapy*, a local “not for profit” charitable organisation (registered charity number 1103077). We aim to offer Aromatherapy treatment to everyone who would benefit, regardless of their ability to pay private practice fees. Grant aid, and the donations received from paying clients, support this work. For more information on WCCT, please visit www.wcct.org.uk

If you cannot afford Aromatherapy treatment but feel that you would benefit from it, please call us.

Where we can, we will offer second and subsequent treatments at reduced rates.

PROFESSIONAL FEES

We accept donations to WCCT in lieu of treatment fees. Our suggested donations are:

Consultation, individual blending and Aromatherapy treatment including massage

FREE INITIAL CONSULTATION & MASSAGE TREATMENT

For second and subsequent treatments:

Full Ante Natal / Post Natal Treatment £30

Minor Treatments (e.g. Thrush) from £5

For a Home Visit please add £20
(free from 38 weeks or within 2 weeks of birth)

We offer a range of oils and creams for home use please ask for details.

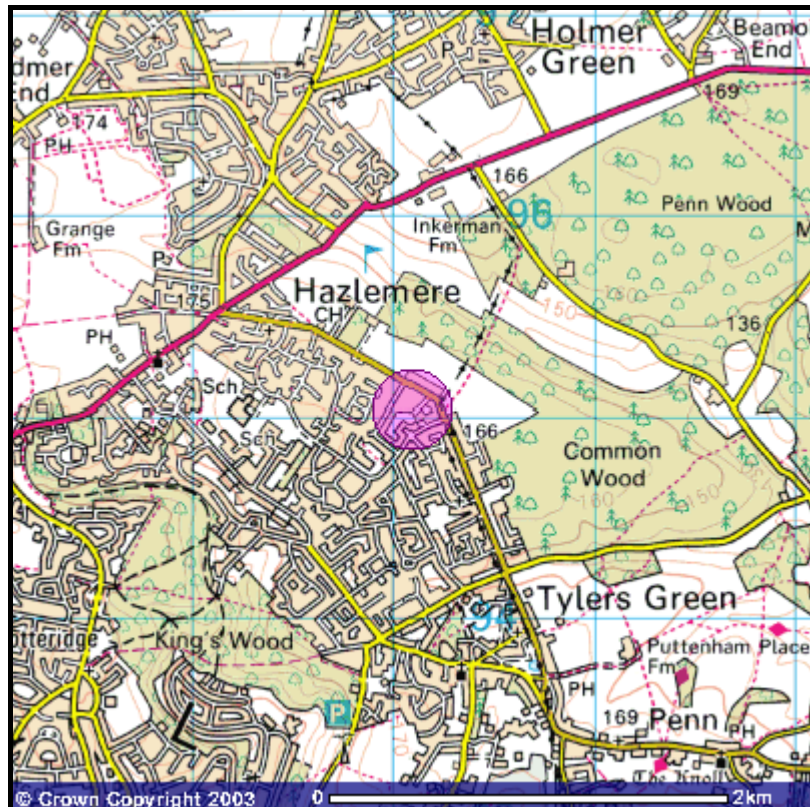
GIFT VOUCHERS ARE AVAILABLE - CALL FOR DETAILS

URGENT APPOINTMENTS

If you need urgent treatment (*e.g. for back pain, cystitis or thrush*), then please ask to be seen as soon as possible. We will always try to offer you a "same day" appointment if you need to be seen urgently.

HOW TO FIND US

Langley House is at the bottom of Tudor Road in Hazlemere, High Wycombe.



If driving, go to Hazlemere crossroads on the A404 Wycombe to Amersham road. Then take the B474 towards Penn and Beaconsfield. Pass the golf course on the left, and the Mayflower PH on the right. Tudor Road is a right turn opposite the piano shop, and just before a sharp right bend, about 100 yards after the Mayflower PH.

By bus, take the 31 bus to Penn from High Wycombe. This goes via Hazlemere crossroads and then round the Manor Farm estate. Ask the driver for the stop nearest to the Curzon Avenue / Penn Road junction. Get off here and walk forward to the main road. Turn left along Penn Road. Tudor Road is the first turning on the left

Appointments are available Monday to Friday, and Saturday morning. We're closed during the Xmas and Summer school holidays.

**Chiltern Aromatherapy
Langley House
Tudor Road
Hazlemere
High Wycombe, HP15 7PA**

Phone: (01494) 816651

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