

Visiting Lifehouse during pregnancy

I'm pregnant, when should I plan my visit?

The best time to come is during your **second trimester** after your 12 week scan. This is because the first trimester carries a higher risk of miscarriage and any symptoms of morning sickness should have finished by then. If you do decide to visit us during your **first trimester** you can enjoy treatments from the list below. These have been carefully selected with your safety and comfort in mind.

- ✿ Facials - Lifehouse 25 minute inclusive facial (Lovelife package treatment)
- ✿ Manicure - choose from our range of OPI Pedicure Treatments. **Avoid if sensitive to nail polish/nail remover vapours.**
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Is there anything that I should avoid?

The thermal area should not be used during any stage of pregnancy. This is because an unborn baby is unable to regulate its body temperature and any increase in your body heat may affect the flow of blood and nutrients to your baby and cause problems. The thermal area includes the **hydrotherapy pool, steam, sauna and salt inhalation rooms**. The swimming pool is perfectly fine to use.

Second & Third Trimester

Once you are into your second trimester you will be able to indulge yourself with the following:

- ✿ Little Butterfly 90minute Maternity Massage
- ✿ Choose from our range of Clarins Facials
- ✿ Choose from our range of Carita Facials - our Carita Facelift is adapted during pregnancy which offers ultrasound and LED technology. Micro-currents can not be used during pregnancy.
- ✿ St Tropez Spray Tan

What else should I do?

Please make sure you tell us how many weeks pregnant you will be when you book your visit to Lifehouse Spa & Hotel.