

**只限女性

Pregnancy is a time of great physical and emotional change for a woman. It is important to have proper postpartum care after birth to adjust your health and body back. This is to help the mother regain her looks, health, strength and energy. The treatment is usually done at home and carrying out by an experienced masseuse.

怀孕是一个女人巨大的身体和情绪变化的时期。有适当的产后护理出生后调整你的健康和身体恢复是很重要的。这是为了帮助母亲恢复了她的容貌，健康，体力和精力。治疗通常是在家里，由经验丰富的女按摩师执行完成。

Post natal Massage Package

1 session last about 3 hours
**Min 3 sessions

1. Full body massage with oil
2. Full body hot stone press
3. Full body herbal ball press
4. Full body thai herbal sauna
5. Full body scrub
6. Full body thai herbal bath
7. Stomach wrap with slim cream detox

Other services

- Full body massage with oil 2hr \$80
- Sliming massage with wrap 2hr \$80

How can it benefit you after birth?

- Prevent stagnant weight gain after birth
- Firmer body skin tone
- Increase metabolic rate to help weight lost
- Relieve and improve backache / back pain
- Relieve bloated tummy, indigestion & constipation
- Balancing hormonal cycle back to pre pregnancy
- Promote improved blood circulation
- Restore inner balance of the body for a speedy recovery.
- Reduce water retention
- Helps to stabilize & improve skin rashes during / after pregnancy
- Restore womb functions afterbirth.

** Recommendation menu for confinement

- * Fried egg with pumpkin
- * Fruits (Fresh papaya)
- * Fried pork liver and ginger
- * Pork trotter with vinegar

Massage Program Packages for post delivery.

- ** Minimum 3 days
- 3 Days - \$450
- 5 Days - \$750
- 7 Days - \$1050
- 10 days and above packages

产后按摩配套

1次服务约3小时
**最少三次

1. 全身油压按摩
2. 全身热石按摩
3. 全身热草药球按摩
4. 全身草药蒸汽桑拿
5. 全身海盐磨砂
6. 全身草药药浴
7. 绑排毒瘦身带

其他服务

- 全身油压按摩 2小时 \$80
- 瘦身按摩，加绑带 2小时 \$80

如何能在产后让你受益？

- 防止在产后停滞体重增加
- 紧肤去纹
- 提高新陈代谢率，帮助减轻体重
- 缓解和改善腰酸/背痛
- 减轻腹胀，消化不良和便秘
- 平衡荷尔蒙循环回到怀孕前的状态
- 促进改善血液循环
- 恢复身体内在平衡，早日康复
- 减少水肿
- 有助于稳定和怀孕后/时可能出的皮疹
- 恢复子宫功能

** 坐月子推荐菜单

- * 鸡蛋炒南瓜
- * 水果（新鲜木瓜）
- * 炒猪肝和姜
- * 猪脚醋

