



## **Information for expectant mothers**

### **For your visit to the Baths and Hammam during your pregnancy**

Hot water baths have a soothing and relaxing effect on the whole body.

Bain-Bleu Hammam & Spa in Genève-Plage will provide you with a truly relaxing experience even while waiting for your baby.

As each woman can tolerate high temperatures differently during her pregnancy during pregnancy, we ask you to consult your doctor beforehand to ensure that there is no to make sure that there is nothing to prevent you from visiting us.

### **Massages offered while waiting for Baby:**

**Until the 3rd month of pregnancy (12 weeks)**, for health and safety reasons we do not recommend any massage for health and safety reasons.

**From the 4th month onwards**, we are happy to offer you an 25 or 50 minute **oriental massage** with oil and hot stones, if you are still comfortable on your stomach.

**From the 5th month** (or even earlier if you cannot lie on your stomach), our **"NOUS" Massage** will seduce both Mom and Baby, it will bring a deep harmony to both. This massage is specially designed to make you happy during this wonderful moment between you...

You will both be at the centre of our attention, with very a very cocooning environment and a masseur or masseuse who will take care of you.

A neutral oil will be used to nourish your skin and ensure its elasticity (Argan or Sesame depending on the season).

**Do not hesitate to contact us for any further questions.**