



What To Do And What Not To Do For Spa During **PREGNANCY**

Dos



Choose a reputable spa and inquire about their services and procedures.



Consult with a doctor before taking specific spa treatments.



Use ammonia-free or natural vegetable dye products to color your hair.



Try using jasmine, chamomile, or spearmint oil for stress relief.

Don'ts



Request for a shortened spa service to maintain relaxation.



Visit non-reputable or not tried and tested spas in your area.



Opt for chemical-based hair dyes.



Request for reflexology during foot massages, as it is not recommended for pregnant women.