



*e)xpectancy* Ltd

**Expectant Parents' Complementary  
Therapies Consultancy**

## **Rebecca Ford BA RM**

Rebecca works as a community midwife for a London hospital. She is experienced in homebirth and she is passionate about normalising pregnancy and birth as well as promoting women's choices. She completed Expectancy's Diploma in Integrated Therapies for Childbirth and now uses a variety of complementary therapies including aromatherapy, reflexology and massage for pregnancy related symptoms, relaxation and stress relief. She can advise you on the safe use of moxibustion to turn a breech baby and uses a combination of natural therapies to encourage labour in women who are overdue. Rebecca is insured with the Royal College of Midwives.



### **Services provided include:**

- Pregnancy massage, aromatherapy and reflexology
- Complementary therapies for specific aches and pains in pregnancy, eg backache, sciatica and pubic pain
- Moxibustion and other alternatives for breech babies
- Reflexology and other techniques if you are "overdue"

### **Geographical area**

South East London, North Kent

## **Contact**

Telephone: 07824 517792

Website: [www.expectancy.co.uk](http://www.expectancy.co.uk)

Email: [rebecca\\_ford74@yahoo.co.uk](mailto:rebecca_ford74@yahoo.co.uk)