



e)xpectancy Ltd

**Expectant Parents' Complementary
Therapies Consultancy**

Vanessa Janes BSc (Hons) RM RGN

Vanessa works in the Birth Centre of a maternity unit in southeast London and is committed to facilitating mothers' choices, helping them to use complementary and natural approaches to pregnancy and birth, whilst ensuring safe practice and care. Vanessa is qualified to use massage, aromatherapy and reflexology in maternity care, as well as moxibustion and natural approaches to induction of labour and



has completed the university-accredited Diploma in Integrated Therapies for Childbirth with Expectancy. Vanessa is experienced in teaching student midwives in clinical practice, has undertaken additional training in Examination of the Newborn baby and has a BSc (Hons) degree in Sexual Health. Vanessa is insured with the Royal College of Midwives and the Federation of Antenatal Educators (FEDANT), membership number 12034.

Services provided include:

- "Morning sickness" support
- 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”
- Preparation for labour – one-to-one and small group sessions
- Clinical hypnosis preparation for birth – one-to-one and small group sessions
- Advice on safety and use of complementary therapies in pregnancy and childbirth
- Additional antenatal and postnatal care and support to enhance that provided by your own midwife
- Breast feeding support

Geographical area

Southeast London and North Kent, Bexley, Bromley, Lewisham, Gravesend, Maidstone

Contact

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