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Issue

Bella Mama, 68 Shasta Court, San Ramon, CA 94583
www.Bellamama.com service@bellamama.com 925-735-2019

BELLY BUTTER IS NOW AVAILABLE

OOh La La Lavender



Lavender is to spas what Mozart is to classical music: it's on everyone's top ten list. Perhaps no other ingredient has such a universal appeal.

But lavender is much more than just a fine fragrance. Its medicinal properties are remarkable. A natural antiseptic, it is commonly used to treat minor cuts and burns, bee stings, allergies, acne, and sleeplessness, to name a few.

Spas frequently utilize lavender because it helps relax the body and the mind.



This rich and luxurious butter was made to soothe skin, reduce itchiness and minimize stretch marks. Delicately scented with high-quality pure essential oils of lavender, sweet orange and mandarin.

The wonderful belly butter nurtures skin before and after childbirth.

BELLY BUTTER

Treat Yourself to a SPA day..

MOTHER MESSAGE

Don't expect your massage to remain business as usual once the pregnancy test comes back positive. Some minor modifications to your massage routine may be necessary for both comfort and safety reasons. Here's what to expect:

- **A more pregnancy-friendly massage position.** Early on in pregnancy, you'll want to avoid putting a lot of weight on those oh-so-tender breasts. Then, as your pregnancy progresses, you'll need to work around your growing belly. After the fifth month—you'll need to avoid lying flat on your back because that position can lead to extreme dizziness, even fainting. While the side-lying position is a perennial favorite with moms-to-be, it's not the only position that works. Simply toss a few wedge-shaped pillows on the massage table and see where your body takes you!

- **Less vigorous massage strokes.** Deep massage work—particularly on the legs—is a definite no-no for pregnant women. Pregnant women are highly prone to varicose veins and a vigorous leg massage could cause a blood clot in the leg to become dislodged, potentially leading to death or disability. Fortunately, massage doesn't have to be vigorous to be effective: your massage therapist's less vigorous massage strokes will still help you to do battle with leg cramps, headaches, fluid retention, swollen ankles, and other pregnancy-related aches and pains.

by Ann Douglas

Just In Time For The Holiday Season



BELLA BUNDLE GIFT SET
Travel size portions of our favorite Bella Mama Products! Includes: belly butter, belly oil, foot salts, face & body spritzer in a take anywhere bag



B-Calm GIFT SET
This pampering set includes: Illume Cucumber candle, Bella Mama Foot Salts, World's softest Socks, Bella Mama Face & Body Spritzer.



BELLA MAMA STARTER GIFT SET
Wonderful set for new moms to be. Includes: 2 oz Belly Oil, Face & Body Spritzer and Foot Salts.

Bella Mama will gift wrap and include a gift card for you. When ordering please specify that you want this service

Check out our latest reviews: Mommypr.com
<http://www.mommypr.com/?p=1...>

<http://www.2thedeuce.com/videobeta/watch/?watch=f9ce9df7-9a95-4940-91c5-f1a52b6b4419&src=front>



**HAPPY THANKSGIVING
FROM BELLA MAMA**

A note from Bella Mama

Thank you all for your support during this time of transition. Bella Mama is now under new ownership. The company has moved its headquarters to San Ramon, California. You can count on the same excellent quality of our products and services. You can contact us at; service@bellamama.com



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