

Baby Shower Gift Ideas

Thoughtful gifts to nurture the parents-to-be

Parents-to-be often look back after childbirth wishing they had asked for more of these useful services as part of their baby shower or blessing way ceremony. Below is our list of things we believe will nurture the bodies, minds and hearts of the parents, making the journey into life more joyful and stress-free. Feel free to let providers know you were referred by DeNatura Wellness. Best wishes!

PRE-NATAL & POST-PARTUM MASSAGE THERAPY - home service

Prenatal and Postpartum massages are a natural, safe and highly effective way to reduce nausea, low back pain, sciatica, swelling, acid reflux, and pressure on the lower pelvis and to rehabilitate diastasis, pelvic floor and muscle pain after birth. **Contact: Teba Orueta, LMT - (305) 302 6359 - teba@denaturawellness.com**

PRE-NATAL & POST-PARTUM ACUPUNCTURE - home service

Acupuncture is a natural, safe and highly effective way to treat nausea, pains, anxiety, stress, hormonal imbalances and depression associated with pregnancy and childbirth. **Contact: Dr. Marisol McManus A.P. - (305) 814-9818 - info@denaturawellness.com**

PRE-NATAL CHIROPRACTIC ADJUSTMENT - home service

The Webster Technique adjusts pregnant mothers safely for faster, pain-free delivery. **Contact: Dr. Brittany Holliday, D.C. - (828) 712 - 6934**

PRE-NATAL YOGA - at-home classes

An excellent way to prepare the body for childbirth and safely stretch tight muscles **Contact: Christina Algeciras, YA-200 - (305) 814-9818 - info@denaturawellness.com**

HEALTHY MEAL DELIVERY - daily home/office delivery

A fresh, healthy, organic and eco-friendly packaged meal service delivered to the home takes the stress and burden off cooking and also helps the baby feed optimally. **Contact: Carlota Lopez - (786) 575 - 8299 - carlota@fibdelivery.com**

HAIR, NAILS & MAKEUP - home service

Getting pampered at home is a blessing for the new Mom who often cannot leave the baby alone. **Contact: Hair by Margarita Gallego: (786) 537 - 3253 ; Make-Up by Cassandra: (305) 397 - 3089; Beauty: by Renata (305) 903 - 3989**

CLEANING - home service

An excellent way to support the new parents with trustworthy and effective home cleaning services. **Contact: Miami Top Cleaning - (786) 444-3947 - Ulysses**

DIAPERS - home-delivery

A diaper delivery service without chlorine processing or synthetic fragrances or shipping costs. **Contact: www.Try.Honest.com**



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