

WOMEN'S HEALTH PHYSIO



Discover the transformative benefits of women's health physiotherapy. Charlie provides:

- care to address pelvic floor issues
- support for urinary dysfunction
- prenatal and postnatal recovery
- menopause-related discomfort

Experience relief from pain, improved bladder control, and enhanced overall well-being. Charlie is dedicated to helping you achieve optimal health and vitality.

Book today to take charge of your wellness journey with our expert women's health physiotherapist.



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andholistictherapies



Willow Grace

perinatal & holistic therapies



WOMEN'S HEALTH SPECIALISTS

We specialise in helping women in pain & discomfort to better enjoy the journey of motherhood

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PREGNANCY MASSAGE



During pregnancy your body is adapting almost daily to your growing baby.

My specialised approach is designed to

- ease tight muscles
- address restricted joints
- improve circulation

I am dedicated to providing you with a nurturing experience that goes beyond the ordinary.

Book your tailored massage session today and I'll support you on your pregnancy journey.

POSTNATAL MASSAGE

Closing the Bones (Rebozo)

This is beautifully nurturing, realigning and balancing for a new mother. Combining the power of touch with the ancient Rebozo shawls to rock & wrap.

Postnatal Recovery

This treatment is crafted to support your body as it returns to its pre-pregnancy state.

Whether you need

- muscle tension relief
- joint support
- or a moment of relaxation

Let me assist you on your journey to feeling your best postpartum self.



ABDOMINAL SCAR THERAPY



Scars are like icebergs; they harbour a narrative that extends beyond what meets the eye.

Restore Scar Therapy can

- Stimulate change to scar tissue on the skin surface and underlying tissue
- Reduces symptoms of numbness, pain and sensitivity. As well as associated pain e.g. hips or back
- Promote cosmetic improvements after c-section

Together we can work to create a more comfortable, mobile you.