

MAMA WORK OUT

PHYSIQUE

Physique's Mother & Baby Barre Class gives you the opportunity to work out without having to leave your little one behind. The babies enjoy listening to the music (and often drift off to sleep) whilst you enjoy a full body workout class in a safe but challenging way. Suitable after your 6-8 weeks postnatal check-up.

physique-studio.co.uk

mama's

WELLNESS NOTES

Mama and mini fitness classes and parent nutrition



Mama meals

&BREATHE PARENTFOOD

A new nutrition box for parents that aims to provide complete nutrition for two people in the chaos of newborn days or working parent life. Food is prepared in small batches, frozen and sent via next day delivery in recycled and compostable packaging.

andbreathewellbeing.com

AND RELAX

INNER SENSES

The Maternity, Baby and Child collection from multi award-winning wellbeing brand Inner Senses is gentle enough to be used throughout pregnancy and on little ones' delicate skin. Every handcrafted product is 100% natural, over 96% organic, sustainable, cruelty-free, vegan friendly and free from synthetic ingredients.

innersenses.co.uk



SNACK & GO

ORGANIX

Baked and not fried, the new Melty Veggie Sticks from Organix have no added salt, no artificial colours and are made with organic ingredients. Suitable from 7 months - making them the perfect baby finger food.

organix.com