



Lic. Andrea Nahas
Physiotherapist - Marbella Clinic

endermologie® during PREGNANCY

Cellulite is a matter of reference also during pregnancy... As we mentioned before in the 2nd edition of Transform magazine, the technique of ENDERMOLOGIE® is a method used exclusively to mobilise connective tissue, by means of which we can combat cellulite, liquid-retention and fat deposits, thus being able to remodel the figure and improve the condition of the skin. For these very reasons, this technique can be recommended for women at all stages of their life. In this article we will look into the application of ENDERMOLOGIE® during pregnancy. Of course, treatment should be performed by a professional with sufficient knowledge and experience to achieve the desired results, and above all with special care for the health of the pregnant mother and baby.

Cellulite is a matter of reference also during pregnancy...

Before applying this treatment, we look into the clinical background of the patient, making sure that there is no contraindication from the obstetrician. With this, the doctor will choose a programme that is SPECIFIC to each individual patient, to take into account any liquid retention, circulatory problems, stretch marks, back-ache, and anything that the specialist might consider to be necessary. As the pregnancy advances, we will adapt the treatment to the needs of each patient. It is a PERSONALISED programme, worked out for each 3-month period, as each of these periods will have different requirements. The treatment is applied to the whole body, including the arms and the soles of the feet, with the exception, of course, of the abdomen. It is very pleasant and relaxing, and is fully enjoyed by the patient while it is being performed, leaving a sensation of well-being that is very beneficial to these months of pregnancy. We have the experience of having performed this treatment for years with pregnant women, and the enormous satisfaction of being able to accompany them during these months of such importance in their lives and to do everything necessary to make them feel at ease with the changes that are happening to them during their pregnancy. During this phase you have two people to take care of, without giving up on looking attractive and accepting your new physical appearance. You must also remember that if a woman looks after herself during the whole of her pregnancy, the post-natal recuperation will be much easier.

ENDERMOLOGIE® for PREGNANT WOMEN is performed by Andrea Nahás, a qualified physiotherapist with ample experience in this field of treatment, and we also offer a gynaecology and obstetrics consultancy under Dr. Juan Larracochea, which facilitates team work, being able to attend to our patients during this very special phase in their life.

