



The best post-partum treatments in London fit for Meghan Markle

Everyone knows that pregnancy has certain perks for expectant mothers (glowing skin, a glossy new mane of hair, strong healthy nails etc.) But after the birth, the body will undergo significant physical and hormonal shifts that will bring your post-partum wellness sharply into focus.

Whether it's combatting sleep deprivation, hair-shedding or gearing yourself up to get back into the gym, we asked London's top health and beauty experts what the most common wellness concerns are for new mothers – and how to treat them.

4. Ross Barr, Acupuncturist

"There's a saying in Chinese Medicine that 'the best way to stop a baby crying is to treat the mother'. Mother and child are so intrinsically linked that it makes perfect sense that in many situations a baby will be calmer, happier to sleep and have better digestion if the mother is in a good place herself.

"Whenever possible, I ask patients to come in as soon as they can after childbirth. Acupuncture is brilliant at restoring organs back to their default setting again. It will help the body heal and replenish itself, calm the huge amount of adrenaline we run on when a new baby arrives.

"I'm always surprised by how blood loss and subsequent anaemia caused by childbirth aren't given more focus. The symptoms for anaemia are very similar to those listed for postnatal depression in our culture, yet I see more patients having been prescribed antidepressants in the months after labour than I do a simple iron supplement or an improved diet. When patients have been encouraged to improve the condition of their blood and iron levels the positive effects are often huge and far-reaching."

From £120 a session at Cloud Twelve Notting Hill, including full use of thermal spa, Rossbarr.com

