



# Post-push bliss

New dads may say their wives have never looked more beautiful than right after giving birth, but most new moms just feel sweaty and exhausted. Thank goodness that Go Home Gorgeous ([gohomegorgeous.com](http://gohomegorgeous.com)) is bringing spa treatments to your hospital room post-delivery!

The company's postnatal body therapy blends massage, aromatherapy, and guided relaxation with the goal of supporting healing, easing stress, and encouraging sleep. Therapists transform your maternity ward quarters into mini-oases using LED candles. Services are now available seven days a week in Minneapolis and Saint Paul, MN, but the company is expanding to other locales.

Even hospitals are getting in on the act. Pre- and post-natal massages and acupuncture are available to patients for a fee at Virginia Hospital Center in Arlington. Therapists perform treatments right in the hospital room, or new moms and moms-to-be can visit designated rooms for massage and acupuncture. At Tucson Medical Center in Arizona, inpatients can request a complimentary massage after delivery.



"Postnatal body therapy is about addressing the physical, spiritual journey of the mother," says Go Home Gorgeous founder Rachel Swardson-Wenham. "Our ultimate mission is to have moms feel rested and recharged and ready to take care of their baby." To find a certified pregnancy massage practitioner in your own area, go to [americanpregnancymassage.org](http://americanpregnancymassage.org) and click on "Find a Therapist." —Susan Johnston

## When you win the lottery!

The eco-friendly, hypoallergenic Nook Sleep Systems Pebble Mattress ([nooksleep.com](http://nooksleep.com)) will give your baby sound sleep using top technology—with an admittedly hefty price tag of \$550. Is it the soft eucalyptus fibers inside or the asymmetrical surface, like rolling green hills? Does it really matter when this crib mattress is water/stain/odor resistant, machine-washable, and completely eliminates the need for any type of sheet or crib set, even though a complimentary set is included? Plus it's said to last a lifetime, if cared for properly, so you can use it for baby number two. Probably worth that chunk of change after all.

—Lisa Wilson



**If 90% of women breastfed their babies for the first 6 months of life, the United States could save more than \$13 billion in health care and other costs.**

SOURCE: PEDIATRICS