

## Jan Bastard BSc RN RM IFPA IAIM

### Services provided

- Therapeutic massage and aromatherapy in pregnancy and early parenthood
- Infant massage instruction for parents

### Geographical area / Contact

Northwest Kent/ southeast London  
Telephone 07886 083029.

Jan has worked extensively as a midwife and nurse in the UK and throughout Africa, having met her husband in Zimbabwe and had her two children in South Africa. In 2003, whilst working in a southeast London maternity unit, Jan completed a BSc Honours degree in Complementary Therapies (Aromatherapy) at the University of Greenwich and implemented research-based clinical aromatherapy and therapeutic massage into her midwifery practice, much to the delight of the expectant mothers in her care. She teaches expectant fathers and birth supporters the skills to provide massage in labour, and has achieved particularly successful results easing anxiety and pain in labour, reducing its duration and facilitating the normality of birth, as well as relieving pregnancy discomforts and helping newly delivered mothers to adapt to parenthood. Jan is also a qualified baby massage instructor and offers infant massage instruction in classes and to individual couples.

For her degree dissertation Jan undertook an exploration of the beneficial effects of aromatherapy and massage to reduce antenatal anxiety, as research has shown that increased anxiety may affect fetal development, with possible long-lasting effects on the baby's psychological development. As a result she co-authored, with Expectancy's Director, Denise Tiran, a paper entitled *Aromatherapy and massage for antenatal anxiety*, published in the professional journal, *Complementary Therapies in Clinical Practice*.

