

LASH ARTIST

Pregnancy Tips

01.

Plan your pregnancy.

02.

Assess your finances. Do some price increase if needed.

03.

If you're an employee, check your maternity benefits.

04.

Think about other ways to create revenue sources.



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05.

Make some adjustments on your policies that will make things easier for you & your clients.

06.

If you're experiencing morning sickness, do afternoon appointments only (if possible).

07.

Increase your water intake.

08.

Plan your bathroom breaks.



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09.

To combat fatigue, eat healthy - try to avoid processed food.

10.

Go for walks. To maintain your energy & stamina - remain active.

11.

Bring several choices for your snacks.

12.

Find a takeout spot near your workplace where you love eating.



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13.

Update your wardrobe to accommodate your changing body

14.

Use compressions stockings if needed for swelling

15.

Attend prenatal yoga classes or deep water aerobics

16.

Have massage sessions

