



So Organic helpful fact sheets:

Pregnancy

Learn more at www.SoOrganic.com

It's not just what you eat that's important:

Most pregnant women know that what they put (or don't put) in their bodies is important to the well-being of their growing baby, whether it's the right kind of cheese, too much caffeine, or certain types of fish.

But many pregnant women might not know that what they put on their bodies can be of concern too.

Most of us slather on oceans of lotions every day, but we don't think about what might be passing the skin barrier and being absorbed into our bodies. With a developing baby this is a vital concern.

None of our pregnancy products contains SLS, parabens, petroleum based mineral oil or synthetic colour or fragrance.

Pregnancy skin conditions:

Many mums also find that unlike the myth of blooming in pregnancy they develop skin conditions and break outs which can be very upsetting. Add to this the added stress of a new baby and pregnancy can wreak havoc with your skin!

At So Organic we have a range of products specially designed for expectant Mums, with pure and natural ingredients to calm, soothe and improve the skin.

Essential oils:

We work with experts who blend with safe levels of essential oils and high levels of enriching plant oils for maximum therapeutic effect.

We've searched far and wide to find the best maternity toiletries and pregnancy gifts to take care of you during this amazing 9 months.

Whether you're buying for yourself, or searching for organic pregnancy gifts for someone special, we are sure you'll find what you are looking for at So Organic.

We are here to help:

Please email help@SoOrganic.com or call us free on 0800 169 2579 (+44 208 465 5600 from outside UK) if you need any help or advice. We would love to help you.