

POSTNATAL TREATMENT

Domaine Thermal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:00 AM		8:00 AM - 8:45 AM Breakfast	8:00 AM - 8:45 AM Breakfast	8:00 AM - 8:45 AM Breakfast
9:00 AM		9:00 AM - 12:45 PM Doula presence: discussion, individual treatment, sharing circle. Lunch together	9:00 AM - 12:45 PM Doula presence: discussion, individual treatment, sharing circle. Lunch together	9:00 AM - 12:45 PM Doula presence: discussion, individual treatment, sharing circle. Lunch together
10:00 AM				
11:00 AM				
12:00 PM				
1:00 PM		Free time and spontaneous discussion with the team	1:00 PM - 2:30 PM Sharing experiences Questions & Answers with the psychologist	End of Stay with the midwife
2:00 PM	Reception and welcome circle			
3:00 PM	3:00 PM - 4:30 PM Baby sleep and crying Questions & Answers		16h15 - 17h45 Babymassage Questions & Answers	
4:00 PM				
5:00 PM				
6:00 PM				
7:00 PM	7:00 PM - 7:45 PM Dinner together	7:00 PM - 7:45 PM Dinner together	7:00 PM - 7:45 PM Dinner together	
8:00 PM				