

4TH TRI MESTER SUR VIVAL KIT



Ardent Fancy has put together The 4th Trimester Survival Kit for ALL new mamas everywhere! But first, what is the fourth trimester, and is it even a thing? New mothers will tell you the fourth trimester is definitely a **THING**.



The fourth trimester is the three month period following labor. During this trimester, your body essentially 'bounces back' to something semi-familiar after nine months of accelerated growth and change. New mamas experience a lot of highs and lows and crazy bodily functions, along with chronic sleep deprivation of course.

While you were the center of attention during pregnancy, after your baby is born this is no longer the case and you might feel forgotten. Just as you went shopping for your hospital bag and nursery furniture, carve out time to gather items for your postpartum support.

The 4th Trimester Survival Kit is filled with helpful tools to support your postpartum journey, helping you transition to motherhood like a pro!

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MY 4TH TRIMESTER SURVIVAL KIT

1| LUXURY PAJAMAS

2| BLACK BRIEFS

3| HYDRATING SKINCARE

4| WATER FLASK

5| HAIR MASK

6| AUDIBLE

7| SLOW COOKER

8| HAIR GROWTH ROUTINE

9| ANTENATAL SUPPS

10|

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