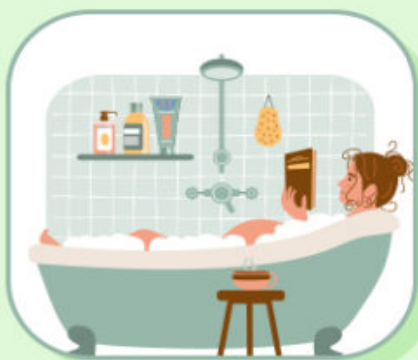


BENEFITS AND RISKS OF HOT WATER BATH DURING PREGNANCY

Benefits



Relieves sore muscles and provides muscle relaxation

Reduces swelling of legs, ankles, and feet

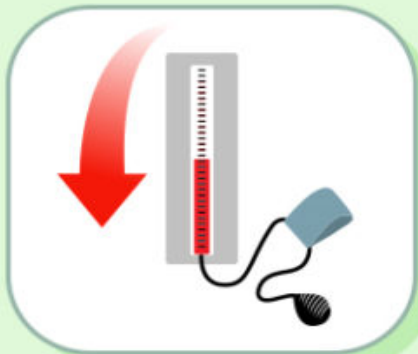


Helps in sleep induction before bedtime

Helps relax the mind



Potential Risks



May cause a sudden drop in blood pressure levels

May cause weakness and dizziness



May increase the risk of congenital anomalies in the first trimester

May increase the risk of dehydration

