Home Remedies For The Management Of Headaches **During Pregnancy**

Practice good posture throughout the pregnancy



Use a warm washcloth to cover the eyes and nose

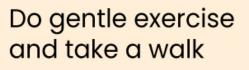
Apply a warm or cold compress over the neck or forehead



Get a gentle shoulder and neck massage

Try relaxation techniques, such as meditation and listening to music







Source: https://www.momjunction.com/articles/headache-pregnancy-types-causes-treatment_00815612/