

All correspondence to:

**The Breastfeeding Network**  
PO Box 11126, Paisley PA2 8YB  
Admin Tel: 0844 412 0995  
e-mail: [admin@breastfeedingnetwork.org.uk](mailto:admin@breastfeedingnetwork.org.uk)  
[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

## Beauty treatments for Breastfeeding Mothers

**The information provided is taken from various reference sources. It is provided as a guideline. No responsibility can be taken by the author or the Breastfeeding Network for the way in which the information is used. Clinical decisions remain the responsibility of medical and breastfeeding practitioners. The data presented here is intended to provide some immediate information but cannot replace input from professionals and voluntary breastfeeding personnel.**

Breastfeeding mothers frequently ask if they can continue to have their favourite beauty treatments whilst breastfeeding without harming their babies.

Because these products are not readily absorbed, levels reaching breastmilk would be insignificant if detectable at all. Whilst you are breastfeeding you can:

- Have your hair coloured
- Have your hair bleached
- Have you hair permed
- Have your hair straightened
- Have false nails applied
- Use nail varnish
- Have a spray tan
- There is little research on having teeth whitened but it is unlikely to affect breastfeeding

**To find your nearest Breastfeeding Supporter call the Supporterline 0300 100 0210**

*Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package*

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- Have dental work (see information sheet on Dental Treatment and Breastfeeding which can be downloaded from [www.breastfeedingnetwork.org.uk/drugs-in-breastmilk-information-and-factsheets](http://www.breastfeedingnetwork.org.uk/drugs-in-breastmilk-information-and-factsheets))
- Have a pedicure
- Have a manicure
- Have osteopathic or chiropractic treatment
- Have a massage with simple massage oils
- Have a leg or bikini line wax

If you have any concerns please contact us through the website [www.breastfeedingnetwork.org.uk/](http://www.breastfeedingnetwork.org.uk/)