

## *BGW Belly Casting*

A **belly cast** is a three-dimensional plaster sculpture of a woman's pregnant abdomen as a keepsake of her pregnancy. It can also be known as a belly mask, pregnancy belly cast, a pregnant plaster cast, or prenatal cast.

Belly casts are often made during the seventh or eighth month of pregnancy and a series of casts may be made during the pregnancy. They are made by preparing the skin with a coating of essential oils or a similar lubricant and adding strips of wet plaster gauze over the abdomen to make the cast. The plaster sets in about 20–30 minutes but some fast-setting strips set in five minutes. Once set, the cast is gently removed by the mother using a wriggling motion. It takes one or two days for the cast to dry completely. You can then decorate it or leave it white.



\*adapted from Wikipedia, the free encyclopedia



Belly casting can be an intricate part of a BGW Celebration of Pregnancy blessingway or done separately from a celebration.

We can do the belly casting in the cottage for women or you can have us come to do in their home. The cost is \$50.00 for a belly casting in cottage. More if we have to travel. We would consider decorating the cast, for additional cost, depending on time involved.

Belly casting is messy, so the mom needs to wear clothes that she doesn't mind getting plaster on (should wash out). Also, something that is easily pushed down on her hips. She can wear a bra under the breasts portion if desired.

This is a great gift to the mom and part of the baby's birth story. If you would like more information or want to schedule a belly casting at the cottage, please contact us at [bgwhcbc@gmail.com](mailto:bgwhcbc@gmail.com) or 540-295-2186.