

# MUM-TO-BE TREATMENTS

Relax and unwind, with our range of luxury spa treatments specifically designed for Mums-To-Be. Our award winning therapists will use tailored products to help hydrate, nourish and repair the skin, whilst providing the ultimate in relaxation. It's time for you as well as a time for two...

The treatments marked with a pram symbol are all perfect for expectant mothers. If you're in need of a little pampering, treat yourself to one of our specifically designed pregnancy treatments to help pick you up, and wind you down...

**Aromatherapy Associates Rose Hydrating Cocoon for Mums-To-Be**  
55 minutes £80 🚼

Richly moisturising oils and creams are layered onto your freshly exfoliated skin before you are gently wrapped in a cocoon allowing your body's own heat to facilitate the penetration of the products. The essential oils work simultaneously on the physical, mental and emotional aspects of wellbeing. In particular, precious oil of damask rose enhances the loving emotions in mothers-to-be as well as helping renew the cells of expanding skin.

**Aromatherapy Associates Nurturing Experience for Mums-To-Be**  
55 minutes £80 🚼 🤰

At a time of constant change and anxieties, take an hour to yourself with this unique all over- body massage. Choose from a selection of three oils each safely formulated to be used during pregnancy

to nourish and care for your expanding skin. A traditional aromatherapy pressure point massage for the upper back and shoulders helps to relieve stress and tension, while a leg massage eases the feelings of heaviness. This top-to-toe treatment is completed by a full scalp and facial massage.

**Mum's to be head to toe rose indulgence**  
55 minutes £75 🚼

The perfect treatment for the Mum to be, this treatment starts with a tailor made facial. Your therapist will then continue to rejuvenate your body, to get the energy flowing back through your feet with a rehydrating foot treatment. Feet and lower legs are brushed, exfoliated with a scrub of ground olive stones and then refreshed with hot towels. Then a specially selected blend of renewing oils-such as rose are massaged into the skin to relax and rehydrate. This treatment will not only leave you truly glowing but also feeling as if you are walking on air.

