



### **Baby Shower gift ideas for Mum to be**

We offer a great range of pregnancy treatments which are available to be booked up until the very end of the pregnancy. They all include the use of our Thermal Suite with salt water pool, outdoor pool, hydro bench and relaxation lounge. Steam room and salt cabin are also available if the mum to be feels up to it.

### **Pregnancy Indulgence**

This Experience is specially designed for the mother to be. Treat yourself to the total bliss and relaxation your body deserves. You will begin with a soothing back neck and shoulder massage which is carried out in the seated position for your comfort. Our harmonizing facial is performed which includes cleansing, exfoliation and soothing face and scalp massage, while you relax with your balancing face mask you're therapist will perform a luxurious hand and arm massage along with gentle massage to the abdomen. The physical stresses and strains on your legs and feet will be eased away with our deeply relaxing club spa pedicure where your feet will be soaked and exfoliated, cuticles and nails tidied before a super leg and foot massage using cooling de puffing lotion prior to a warm envelopment of nourishing paraffin wax. The treatment will finish with your choice of nail enamel being applied.

Recommended from 14 weeks on.

Allow 1 hour 55 minutes £110

### **Pregnancy Massage**

Enjoy this well-deserved massage as your body is soothed and pampered with our Nourishing Rose Oil. This massage is designed to answer the developing need of the mother and baby to give you the nurturing treatment you both deserve. Helping to ease aches and pains along with 'that heavy feeling' the massage begins with the back neck and shoulder massage in a seated position before moving to the comfort of the couch where the legs, feet, arms, abdomen, head and neck will be massaged.

Recommended from 14 weeks on.

Allow 55 minutes £65

### **Mother to be treat**

A wonderful combination of relaxing and beautifying, the treat begins with our soothing pregnancy back neck and shoulder massage to ease stress and tension before we begin the harmonising facial which includes gentle cleanse and exfoliation, soothing massage to the face and scalp and the application of balancing mask ideal for sensitive or hormonal skin. While the mask is on a wonderful leg and foot massage is performed using cooling and de-puffing lotion to revitalize and improve circulation to this often tired and heavy area.



Recommended from 14 weeks on.  
Allow 55 minutes £65

**Pregnancy Facial**

Using rose, sandalwood and camomile this facial helps to soothe and comfort. This very delicate facial will leave you glowing as every woman should be at this important time of hormonal change. A facial cleanse is followed by a gentle exfoliation to brighten the skin. Specific oils are then used to massage the face and scalp. A soothing facial mask is applied and a deeply relaxing lower leg and foot massage administered to super relax mum and reduce fluid retention and puffiness. (Suitable for any time during pregnancy).

Allow 55 minutes £65

In addition, we have joined forces with some local businesses for some great gift ideas for the mum to be as well as the new arrival.