

Pregnancy
& Birth Awards

Mama's Touch

WINNER BEST
Spa Treatment



mama mio mama's touch™ spa treatments

Maternity Spa Treatments

Making a baby is a stressful business, both physically and mentally. It is the perfect time for a girl to check out of reality and into a spa. Mama's Touch™ is our special programme of skin salvation; indulgent spa treatments designed to take you right through every stage of your nine month stretch. Remember, take good care of yourself and find joy in your amazing achievement. **Happy mama = Happy baby**

Yummy Tummy™

This is an Omega-rich facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a full-on stress banishing treat.

55mins / 1 hour 15 mins

Lighten Up™

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring affects of carrying an extra load. They don't call it a maternity marathon for nothing.

30 mins

Mellow™ Mama

A completely relaxing full body massage using our safe but effective pre-natal techniques and our award-winning Omega-rich oils to relax those specific lower back muscles that are carrying that beautiful bump.

55mins / 1 hour 15 mins

4th Trimester Healing Hour™

Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.

1 hour