

PRENATAL TREATMENTS

■ **ULTIMATE ROSE PREGNANCY MASSAGE** ^{AA} (must be beyond 1st Trimester in Pregnancy) 60 or 90 minutes

Feel nurtured and supported in a time of constant change.

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

■ **PRENATAL MASSAGE** (must be beyond 1st Trimester in Pregnancy) 60 or 90 minutes

A gentle and relaxing massage for the mommy-to-be to alleviate back pains and aching feet. The massage is done sidelined while the mommy is able to relax with the support of a full-body pillow. This massage uses Swedish style strokes with special attention being paid to avoid specific pressure points. Mommy is left feeling refreshed and renewed.

■ **ULTIMATE ROSE POST PREGNANCY SKIN NOURISHER** ^{AA} 60 minutes

Take a moment to nourish your body and soul with a deeply comforting, restorative treatment. Precious essential oil of damask rose enhances the loving emotions in new mothers while contributing its skin cell renewing properties to expanding skin. Richly moisturising oils and creams are layered onto freshly exfoliated skin before being gently wrapped and left to deeply penetrate with the body's own heat. The essential oils work simultaneously on the physical, mental and emotional aspects of wellbeing.

Your skin feels radiant, soft and smooth and your spirits bright.

■ **ESSENTIAL ROSE FACIAL** ^{AA} 75 minutes

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.

A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturizing facial oil and moisturizer.

The result is a smooth, radiant complexion and a relaxed state of mind.