

# Spa Pregnancy Experiences

Spa Salveo Prenatal treatments are all individually created to alleviate the main issues of discomfort in pregnancy – increasing skin elasticity, nourishing parched skin, relieving itchy bellies, rejuvenating heavy legs, easing tired muscles and tension assisting circulation and reducing water retention.

## Spa Salveo Mum to Be

Take some time out to enjoy this nurturing treatment designed for Mum's to be. Enjoy a refreshing and energising lower leg and foot treatment to improve circulation, soothe dry skin and relieve pressure in the feet followed by a mini spa facial and relaxing Indian head massage.

€125.00 90 mins



## Spa Salveo Pedicure

Treat your feet with our 60 minute pedicure. Your therapist will start with a calming chamomile foot soak followed by a relaxing lavender sugar scrub on the feet and lower legs. Then, lay back and snooze while your cuticles and nails are tidied before a lower leg and foot massage to assist circulation and reduce water retention. Your pedicure can be completed with or without a colour polish of your choice.

€60.00 55 mins

## Kerstin Florian Prenatal Facial

A deep cleansing and purifying treatment based on your skin type. Includes an exfoliating peel to renew the skin, a stimulating facial massage using Gua Sha techniques to promote circulation and personally selected masque to balance and nourish the skin. While the mask is on you are treated to an application of pregnancy oils and cream to the bump to help support elasticity of your skin and a lower leg massage completes the experience.

€105.00 60 mins

## Basq in The Moment Pregnancy Massage

Using safe and effective pre natal massage techniques this customised treatment begins with a full body skin brush to improve circulation and reduce water retention. This is followed by a full body warm oil massage designed with your comfort in mind, relieving muscle tension, soothing aches and pains and reducing fatigue

€110.00 60 mins

