



## Mama Mio Mama's Touch™

### Maternity Spa Treatments

Making happy mamas and babies at The Salish!

Finally a line of maternity treatments and products to use throughout your entire pregnancy.

---

#### 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.

50 Minute - \$120

---

#### 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.

25 Minute - \$55

50 Minute - \$105

---

#### 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.

50 Minute - \$120

80 Minute - \$195

---

#### 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.

50 Minute - \$125

*Bring your baby with you and enjoy the treatment together.*

*As you relax with your child on your chest or snuggled beside you, we will massage both of you.*

---

#### The Smoothie

Rejuvenate your skin and clear your mind in preparation for your pending arrival. The Smoothie will exfoliate your skin oh-so-gently (but effectively) followed by the most moisturising massage to hydrate and elasticise your skin. A luxurious scalp massage will sweep your stress, leaving you with skin to rival your baby's bottom

80 Minute - \$185

---

Lodge guests are welcome to come to The Spa in robes and slippers from your guestroom. Following any Salish spa treatment, it is recommended that guests drink as much water as possible to aid in the elimination of toxins. All treatments and prices are subject to change without notice. Please provide 48 hours notice before your scheduled treatment time to avoid cancellation charges.