



JARDINES

FACE & BODY CLINIC

Pregnancy Treatments

Mama Mio Mama's Touch

Pregnancy is the biggest challenge your skin will ever face! Think about it... you're going to grow 30+ inches in 40 weeks and then speedily shrink back down – that is tough! Expectant moms experience unique physical and emotional changes that occur as a result of increased weight, shifting posture, and adjusting hormone levels. While this is a beautiful period of heightened expectation and joy, mothers-to-be also endure heightened physical discomfort that ranges from muscular tension and headaches to pressure on the knees.

Safe and effective for the nine months stretch.

We have created a special programme of time based treatments designed to relax, soothe and help alleviate some of the common discomforts associated with pregnancy – increasing skin elasticity, nourishing parched skin, relieving itchy bellies, rejuvenating heavy legs,



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assisting circulation, easing tired muscles and tension and reducing water retention. Our treatments will include specific homecare advice for the challenges your skin will face during this time. All treatments are specifically designed to be safe and effective.

Taking time for yourself during pregnancy can be uplifting emotionally. The soothing essence of our Mama's Touch treatments allows pregnant moms to unwind and feel serene, healthy, and comforted during a period of added physical and emotional stress.

Free Your Mind

A treatment designed to ease you of the stresses associated with pregnancy. A cooling Mama Mio Eye Compress combined with pulse-point Gravidia therapy initiates the relaxation. A gentle face and head massage will release cranial and jaw tension followed by a deep neck and shoulder massage.

€50.00

Free Loader

A wonderful back and upper thigh massage specially designed to release tensions and muscle fatigue. This treatment focuses on the specific muscles that are responsible for supporting the pregnant tummy.

€55.00

The Smoothie

Rejuvenate your skin and clear your mind in preparation for your pending arrival.

Mama Mio 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 away your stress, leaving you with the skin to rival your baby's bottom.

€75.00

The Yummy Tummy

This treatment begins with an application of Gravidia Pulse Point Oil and gentle skin brushing to increase circulation, gently exfoliate and improve the tonicity of the skin. A concentrated serum and deep treatment mask will be applied to soothe and moisturise the abdomen. Enjoy a relaxing lower leg and foot massage as the intensive Tummy Stretch-ease Serum and mask take effect.

€55.00

Mellow Mama

A complete body massage using specific pre-natal techniques to increase circulation, alleviate tired muscles and reduce water retention. A wonderful treatment that gives mama a chance to truly relax and a few moments to dream of baby.

€75.00



For more information please log onto

www.jardines.ie

or

email us: info@jardines.ie

20% OFF
any Pregnancy treatment
with this leaflet!


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