

## OPENING HOURS

Mon 9.30am – 6.30pm

Tues 9.30am – 8.00pm

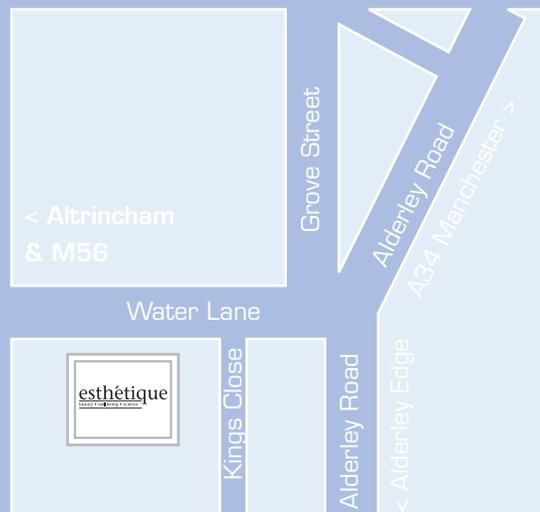
Wed 9.30am – 8.00pm

Thurs 9.30am – 8.00pm

Fri 9.00am – 6.00pm

Sat 9.00am – 4.00pm

## CONTACT DETAILS



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[www.esthetiquebeauty.co.uk](http://www.esthetiquebeauty.co.uk)

# esthétique

beauty • wellbeing • science

**mama mio**  
skincare for supermamas

## Supermamas Spa Treatment Menu

# mama mio

## mama's touch

Making a baby is a stressful business, both physically and psychologically. It is the perfect time for a girl to occasionally check out of reality and into a spa. Mama's Touch is our special programme of skin salvation, indulgent spa treatments; each one designed to take you through all stages of pregnancy and to help you get your body back after the nine month stretch. Remember, take good care of yourself and find joy in your amazing achievement.

lighten  
up

£30

A warm, fragrant mineral salt-rich Mama Mio Foot Soak to energise, reduce swelling and stimulate circulation. Includes a gentle hand, lower leg and foot massage.

the  
smoothie

£45

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. This will sweep away your stress, leaving you with skin to rival your baby's bottom.

mellow  
mama

£70

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

the  
yummy  
tummy

£70

This is the most popular pamper of all!! This ultimate pamper treatment is designed to look after your most stressed areas, draining away tension from your mind and body at its most delicate time! We begin with a deeply hydrating and relaxing facial for your tummy while massaging baby to sleep allowing you to switch off and dream...we then flow into a deeply relaxing massage to the back, face, scalp, lower leg and foot. This is an experience not to be missed!!

4th  
trimester  
healing  
hour

£60

Up to four months after delivery, your body still behaves as though it is pregnant. The 4th Trimester Healing Hour is a relaxing top to toe massage to help realign and restore your body as it naturally adapts and returns to being one person again. This is your healing hour - and you've earned it. A perfect present from your loved ones or even from yourself.

# mama mio

## bootcamp

There comes a time in every woman's life where she looks in the mirror and thinks 'Yikes! The time has come to get my body back!'. Welcome to Mama Mio Bootcamp, our capsule collection of hard-hitting treatments that make a real, visible and lasting difference to that bit of your bod that bugs you. Gentle whale sounds and tinkling water fountains, this is NOT! So, whether it's your boobs sliding south, your butt spreading east & west or your tummy looking less toned than you like to remember it, commit, take action and sign up to a course of Bootcamp treatments.

bootcamp  
for  
butts

£60

*Lift your butt in 1 hour*

So you wanted a peach and somehow ended up with an orange? Reduce cellulite and water retention, improve skin tonicity and reduce wobble with this radical circulation boosting, double exfoliation, algae mask treatment specifically created to get your butt back to its former glory. Honey I shrank my hips!

bootcamp  
for  
tummies

£60

*A tummy tuck in 1 hour*

If your tummy is your trouble spot, this is the treatment for you. It combines the benefits of a retexturising fruit-acid peel for deep double exfoliation with toning and tightening actives and an algae-rich mask. Specific massage techniques wake up lazy abs and radically increase circulation. Gym for slack skin!

bootcamp  
for  
boobs

£60

*A boob job in 1 hour with batwing blaster*

Protect your assets with this amazing bust & upper body treatment that will boost pecs and triceps, dramatically increasing circulation to the whole bust area and releasing pressure points that affect posture. Gentle exfoliation combined with Omega-rich mask will plump up tired skin boosting collagen whilst elasticising and smoothing for a visibly proud upstanding bust and toned arms.