

EMBRACE MOTHERHOOD AND NURTURE YOURSELF IN OUR STATE OF THE ART SPA. HERE YOU CAN CHOOSE FROM A VARIETY OF BODY AND BEAUTY TREATMENTS GIVEN BY OUR SPECIALLY TRAINED ESTHETICIANS AND MASSAGE THERAPISTS. OUR THERAPISTS HAVE COMPLETED THE COMPREHENSIVE BAREFOOT & PREGNANT TRAINING PROGRAM SPECIFICALLY FOCUSED ON SERVICES DURING AND FOLLOWING PREGNANCY. THE CURRICULUM INCLUDES SAFETY, POSITIONING AND ADVANCED PERINATAL TECHNIQUES AS WELL AS DETAILED INFORMATION ON THE ANATOMY, PHYSIOLOGY AND PSYCHOLOGY OF PREGNANCY, LABOR AND BIRTH. SAFETY, EXPERTISE AND UNDERSTANDING ARE THE FOUNDATION OF OUR TRAINING.

ALL OUR SPA SERVICES ARE DESIGNED TO PAMPER AND RELAX YOU WHILE FOCUSING ON THE UNIQUE DEMANDS OF PREGNANCY AND THE POSTPARTUM MONTHS. WHETHER YOU ARE PREGNANT, A NEW MOTHER, OR SIMPLY NEED SOME WELL DESERVED ATTENTION, OUR UNIQUE TREATMENTS WILL RELAX, REVIVE AND REJUVENATE YOU.

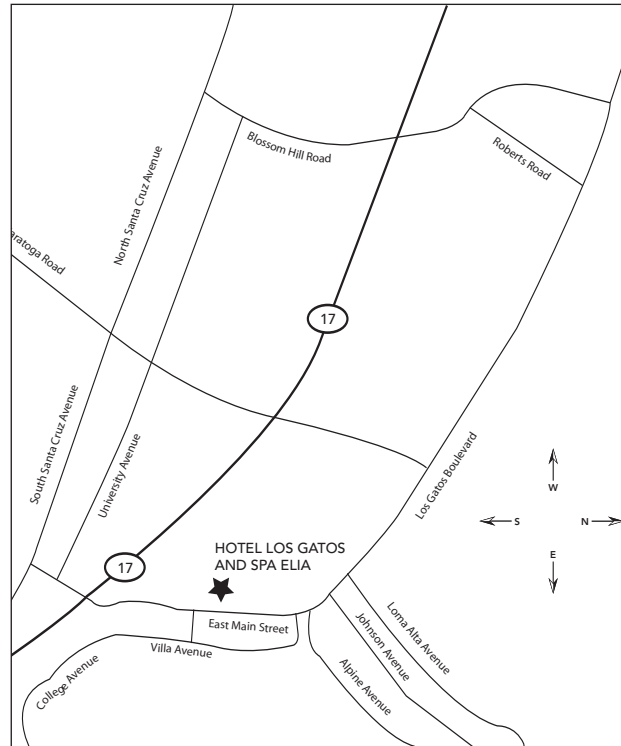
PLEASE CALL FOR APPOINTMENTS, WEDNESDAY THROUGH SUNDAY.

BABYMOON GETAWAY PACKAGES

If you don't live locally, or if an hour or two in our spa just isn't enough, you'll love our getaway packages. Just give us a call or visit our website for more information!

CANCELLATIONS

To avoid charges, please note that we have a 24-hour advance notice cancellation policy. Accommodations will be made for special circumstances such as labor or bed rest.



Be sure to visit our website at www.barefootandpregnant.com for online resources and information on other locations.



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SPA SERVICES



joie de vivre[®]
HOTELS

PRENATAL BODY TREATMENTS

HEAD FIRST (30 minutes) \$70
The scalp, head, neck and shoulders are the focus of this soothing aromatherapy treatment that uses ginger and peppermint to alleviate the headaches, morning sickness, neck and shoulder tension so common during pregnancy. Great for the postpartum mom as well!

TOTAL RELAXATION (50/80 minutes) \$130/\$170
Nurture yourself and your baby in this full body massage. A variety of techniques combine to pamper and praise your changing body. Learn to relax as you prepare for your baby's birth.

COUNTER PRESSURE (50/80 minutes) \$130/\$170
The back carries an extra load during pregnancy so it deserves extra attention. This light-touch massage concentrates on relieving tension and restoring alignment to back, belly, pelvic floor, hips and thighs.

EXPECT HYDRATION! LAVENDER BODY TREATMENT (50/80 minutes) \$130/\$170
This hydrating body treatment incorporates layers of lavender from the Alps of Provence, known for its healing, soothing and relaxing properties during pregnancy. The treatment begins with a sugar and jojoba scrub to make your skin as soft as a baby, followed by a hydrating lavender gel mask and body massage. It's the perfect way to hydrate your growing form and replenish your mind.

BELLY BLISS (30 minutes) \$70
Moisturize, moisturize, moisturize! That's the focus of this pampering belly 'facial'. Delicate hydrating mask and soothing oils combine to soothe your growing belly, while our signature B&P Stretch Away creme helps minimize stretch marks.

CAST-AWAY BELLY CAST (80 minutes) \$230
Honor and preserve your pregnant form in all its full term glory. Our expert practitioners will paint your abdomen with hypoallergenic molding material that, when dry, creates an exact replica of your beautiful belly! Finishes with our moisturizing Belly Bliss treatment.

MOMMY TREATMENTS

BAREFOOT AND BEYOND™ (50/80 minutes) \$130/\$170
Caring for your new baby can stress, strain and challenge proper posture and alignment as well as the muscles of the neck, shoulders, back, arms and wrists. This massage is designed just for you.

MOTHER'S LITTLE HELPER SEAWEED LEAF WRAP (80 minutes) \$170
Enjoy an exfoliation and the warming, detoxifying effects of seaweed. Our seaweed plumes are sustainably harvested and pave the way to a firmer skin tone and texture.

FOR DADDYS TOO

DADDY'S TURN (50/80 minutes) \$110/\$150
Mom's not the only one preparing for the amazing experience of childbirth. Treat the expecting or new father to this full body massage, and expect a relaxed and revitalized birthing partner!

DADDY FACIAL (50/80 minutes) \$110/\$150
Relax together! A nurturing experience for the expecting or new mom and her partner. Friends or family members can also share the experience of therapeutic touch. A great gift idea!

DADDY PEDICURE (50 minutes) \$65
This raw and earthy pedicure was designed with the needs of a man in mind. Loads of warm towels and natural ingredients rich in antioxidants, minerals, vitamins and essential oils are utilized during this relaxing treatment.

BEAUTY AND FACIAL TREATMENTS

B&P SIGNATURE FACIAL (50/80 minutes) \$130/\$170
This personalized facial will cleanse, exfoliate and rehydrate the skin, promoting increased circulation and a reduction in water retention.

LIGHTEN UP (50/80 minutes) \$150/\$190
This soothing, balancing glycolic facial focuses on reducing the increased pigmentation of the face and neck, so common during pregnancy and the months after. Includes instruction on maintaining progress between treatments.

ADDITIONAL TREATMENTS

REVIVE! HAND AND FOOT TREATMENT (50 minutes) \$100
This soothing hand and foot relief treatment eases stress throughout the entire body. It includes exfoliation of the hands and feet, a super hydrating warm seaweed wrap in heated mitts and booties and, finally, a relaxing hand and foot massage.

SIGNATURE MANICURE (45 minutes) \$55
Give your fingers a treat! Our spa manicure includes a relaxing hand massage that will leave your hands looking and feeling marvelous.

SIGNATURE PEDICURE (60 minutes) \$70
Our spa pedicure will send your tootsies into bliss! Enjoy a relaxing soak, while our calf and foot massage works out all of those kinks. Our nail technician will file and shape your nails while you choose which nail color suits your fancy!

MINI MANICURE (25 minutes) \$25

MINI PEDICURE (45 minutes) \$45

CUSTOMIZE YOUR TREATMENT

Enhance your sense of relaxation by adding on any of the following experiences to your spa treatment.

REVIVE! HAND AND FOOT MINI TREATMENT (30 minutes) Add on cost: \$65
Enjoy a shortened version of our popular soothing hand and foot relief treatment. A great add-on to any massage or facial.

NAP TIME (30 minutes) Add on cost: \$40
Tired of the massage or body treatment that ends too soon? Now you can linger in one of our luxuriously appointed treatment rooms after your treatment for a full half hour. If your busy life leaves little time to relax, this is the perfect opportunity to enjoy a well-deserved nap!

TREATMENT PACKAGES

NATURALLY NURTURING (2 hours) \$200
Our B&P Signature facial and Total Relaxation or Barefoot and Beyond massage are the perfect combination to pamper the expecting or new mom.

THE WORKS (3 hours) \$350
Give yourself the attention you deserve. This delightful spa package includes our B&P Signature facial, Belly Bliss treatment, Total Relaxation massage and Revive! hand and foot mini-treatment. A great way to pamper yourself from head to toe!

LABOR SWEET (4.5 hours) \$500
The ultimate indulgence for the mom-to-be in the month before delivery. This pampering package includes a Cast-Away belly cast, B&P Signature facial, bikini wax, Total Relaxation massage and Spa Lunch. Makes a wonderful shower gift.

WAXING

EYEBROW WAX/TWEEZE \$22/\$25
INDIVIDUAL FACIAL WAX (LIP OR CHIN) \$22
HALF-LEG WAX \$65
FULL-LEG WAX \$90
UNDERARM WAX \$35
BIKINI WAX \$45-60
FULL-LEG / BIKINI WAX \$100

Please note, pregnancy may cause an increase of pain, swelling, inflammation and redness during and after waxing.

FOR APPOINTMENTS, CALL 408.335.1777