



THE CAVENDISH HOTEL

EASTBOURNE, UK

Pregnancy is a wonderful thing but can take its toll on your body. We have designed some tranquil packages to help sooth, relax and firm where mums need it most. All our products in these packages are safe for pregnant ladies.

Expecting

A little relaxation for mums to be. This package will include three 30-minute treatments, which include:

- ❖ *A back, neck and shoulder massage to help ease aches and pains.*
- ❖ *A Pebbles pregnancy facial to balance your skin.*
- ❖ *A Pebbles foot refresher to tidy your cuticles, take the strain of your feet with a foot massage and enjoy your nails being shaped and polished.*

*The perfect way to re-energise your body for **only £58.50***

The great expectation

A 3-hour body bliss experience for mums to be. This will provide mums to be with an oasis to recharge and reenergize mind, body and soul ready for their new arrival.

- ❖ *Great expectation body treatment. Enjoy a unique head to toe pampering experience that helps to relieve water retention; this treatment includes a stretch mark control cream massage, a herbal blend massage, salt scrub, anti stress balm scalp massage and oil massage. Leaving the body rebalanced and aches smoothed away.*
- ❖ *Classic pedicure. Enjoy a therapeutic footbath. Rough skin buffed smooth and your cuticles and toenails expertly tidied and then finished with a colour of your choice.*
- ❖ *Customised facial. A facial designed for you. Specific formulas and products will be used to meet your own skins demands.*

*The perfect way to thank your hard working body for **only £100***

Terms and conditions may apply. Please note these packages are not recommended for pregnancies under 12 weeks. Please speak to one of our therapists for advice.