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THE CAVENDISH HOTEL

EASTBOURNE, UK

After the birth of your new born baby it's important to have some mummy time to feel like you again. We have designed some packages to relax the mind and firm the body, bringing you back to your former glory.

Mums retreat

Enough time for busy new mums to escape and relax, easing away tension and stress. This package includes:

- ❖ *A body massage to soothe aching muscles and calm the mind*
- ❖ *A Pebbles aroma facial to refresh your skin*
- ❖ *One hour's use of the facilities.*

*1 hour and 30 minutes of treatments @ **£65***

Maximum stay 3 hours 30 minutes

Mummy's cocoon

An all in one package for new mums to help tone, detox, relax, rebalance and ease aches and pains. This package includes:

- ❖ *An after the event body treatment. A wonderful post pregnancy treatment for stimulated and toned body contours and also helps to relieve water tension.*
- ❖ *Customised facial. A facial designed for you. Specific formulas and products will be used to meet your own skin's demands.*
- ❖ *A back, neck and shoulder massage to help ease aches and pains.*
- ❖ *Up to two hours use of the facilities.*

*2 hours and 45 minutes of treatments @ **£105***

Maximum stay 5 hours



**Terms and conditions may apply.
Subject to availability. Please contact a
contact the spa with any questions on
01323 436882**

