



mama mio™
mama's touch™
spa treatments for supermamas

Maternity Spa Treatments

*There is no other time in a woman's life
when she more deserves to be luxuriously
pampered than when she is pregnant.*

Maternity massage is historically an afterthought on the bottom of the treatment menu. Pregnant women don't want to be an afterthought. They want a confident presentation of a programme designed specifically for them, using products specifically for them, by therapists trained specifically for them.

Mama Mio Mama's Touch™ is a special programme of skin-salvation, indulgent maternity treatments designed to relax, comfort and nourish– all specifically designed to be totally safe and effective.

Mama Mio Mama's Touch™ treatments are all individually created to alleviate the main issues of discomfort in pregnancy – increasing skin elasticity, nourishing parched skin, relieving itchy bellies, rejuvenating heavy legs, easing tired muscles and tension, assisting circulation and reducing water retention.

Mama Mio Mama's Touch™ Maternity Spa offers you a new business opportunity that enables you to cater to your clients through the whole of their lifecycle – keeping current clients happy and attracting new clients when they most need a caring spa.



Lighten Up

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.
30 mins

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 Gravida therapy initiates the relaxation. A gentle face and head massage will release cranial and jaw tension followed by a deep neck and shoulder massage.
45 mins

Free Loader

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

The Yummy Tummy

This treatment begins with an application of Gravida 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.
45 mins

Mellow Mama

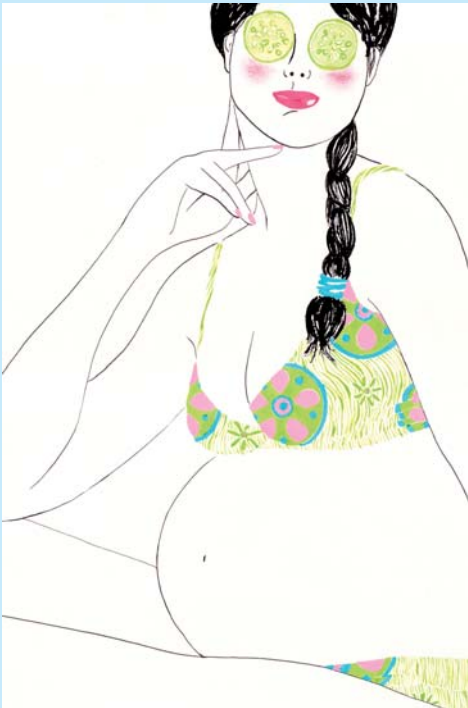
A complete body massage using specific pre-natal techniques to increase circulation, alleviate tired muscles and reduce water retention. A wonderful treatment that gives mama a chance to truly relax and a few moments to dream of baby.
1 hour

4th Trimester Healing Hour

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.
1 hour

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 skin to rival your baby's bottom.
1 hour 15 mins



How it Works

The Mama Mio range works by improving skin tone and skin elasticity through pregnancy because of the very high level of Omegas (Essential Fatty Acids) contained in our products. Omega 3, 6 and 9 are crucial to every cell membrane in our bodies and this includes your skin. When pregnant, our Omega levels are at their lowest because our baby is using them as a food source to make their own healthy bodies. Therefore, at the point when your skin is about to undergo its most challenging test, it is at its weakest. Omega deficiency has a direct effect on the elasticity of your skin, accelerating the aging process. As skin

becomes drier, even itchy, you may notice hair becomes less lustrous and nails may become weak and brittle. These treatments are therefore helpful in supplementing levels of Omegas, directly where you need them most - on your skin.

Our Fragrance - Mama Mio Gravida

Gravida means pregnancy in Latin and it is a very special element of our Mama Mio range. Gravida is a blend of ten pregnancy-specific, pregnancy-SAFE essential oils that offer emotional benefits, physical benefits and it smells wonderful. Gravida is much more than just a fragrance. It becomes a much needed comfort zone you can relax in.

Safety

As mothers, we take your trust in Mama Mio very seriously. We produce all of our products at an FDA approved laboratory to ensure that our scrupulous standards are met throughout production. Then, for even more peace of mind, we work with an independent pharmaceutical analytical laboratory (also FDA approved) to carry out clinical, allergy and safety tests. Our products are not tested on animals, and are, of course, completely paraben and petrolatum free.



Mama Mio Mama's Touch™ Professional Products

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Mama Mio™ Intensive Stretch-ease Serum

With argan, macadamia, apricot and rosehip seed oils

Mama Mio™ Tummy Rub Stretch Mark Cream

With shea butter, sweet almond, wheatgerm and borage oils

Mama Mio™ Superfirm Boob Tube

With avocado oil, shea butter and CoQ10

Mama Mio™ Tummy Rub Stretch Mark Oil

With rosehip seed, wheatgerm and borage oils

Mama Mio™ Superfix Wonder-Full Balm

With manuka and gold of pleasure oils

Mama Mio™ Super-rub Massage Oil

With safflower, sweet almond and jojoba oils

Mama Mio™ Super-rich Body Cream

With avocado oil and shea butter

Mama Mio™ Tender Touch Facial and Pulse Point Oil

With avocado, borage and rosehip oils

Mama Mio™ Lighten Up Foot Soak

With Gravida fragrance, sea and Epsom salts

Mama Mio™ Relaxing Eye Compress

With aloe vera, chamomile, ginkgo biloba and Japanese green tea extract

Mama Mio™ Supersmooth Body Buff

With Sweet Almond Oil, Aloe Vera and Vitamin E

Mama Mio™ Gravida Candle

Soy wax blend infused with our pregnancy-specific fragrance

Say **NO** to
**stretch
marks**

