

MOTHERS TO BE

AMBA SUNDĀRI FACIAL FOR MOTHERS TO BE

This ultimate treatment will begin with a revitalising foot cleanse and scrub. Your feet will then be cocooned in a balm using omega 3 known for its intense hydrating properties. Your journey will then continue with a soothing and purifying Sundāri facial. Whilst relaxing back with your hydrating face mask your feet will receive an Ayurvedic massage.

60mins

€85

EARTH MAMA ANGEL BABY TREATMENT

This wonderful treatment encompasses a full pregnancy massage using our great Earth Mama Angel baby range of non toxic, 100% organic products. The treatment is designed to answer all the developing needs of you and your baby, to give the nurturing treatment you both deserve. Eases aches & pains.

60mins

€70

PREGNANCY BACK MASSAGE

Suitable from three months onwards. This back, neck and shoulder massage is designed to release tension and muscle fatigue on muscles responsible for supporting your pregnancy tummy.

30mins

€55

LIGHTER LEGS

Treat heavy legs to this specially designed treatment which improves circulation and reduces fluid retention. Enjoy a full leg exfoliation and massage to awaken and bring back the buoyancy of tired legs.

30mins

€45

ME & MY LITTLE V.I.P – FOR MOTHERS TO BE!

HALF DAY PACKAGE

COMPLETELY REJUVENATE – *Amba Sundari Facial*

Our specially designed facial for pregnant ladies is the ultimate pampering signature treatment.

MY BODY – *Sundari Indian Head Massage*

MY TIME

Luxury and comfort awaits you in our beautifully appointed relaxation suite. As a beautiful pregnant woman, you especially need to stay hydrated. The water you drink carries nutrients through your blood to the baby and initially it also supplies the liquid needed for the amniotic fluid in the womb. Relax your mind and enjoy a glass of water and fruit.

MY BEAUTY – *Spa Sula Luxury Manicure or Pedicure*

RETIRE *30 minutes*

The sanctuary of the relaxation suite awaits you once again and a cup of herbal tea, fruit and water.

Become cocooned in our signature Orbit Bed with memories of “This is Your Time” at Spa Sula.

Saturday	3 HOURS	€165
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Sunday - Friday	3 HOURS	€155
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We also recommend any of the following treatments for mothers to be:

- Deluxe Manicure or Pedicure
- Choose from any of our Sundāri Facials