



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. 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 body treatments will relax, revive and rejuvenate you.

Please call for appointments, Monday 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.

At the time of your appointment, a 20% service fee which includes gratuity will be added.



Barefoot & Pregnant at Casa Madrona Hotel and Spa
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SPA SERVICES



Casa Madrona
 Hotel & Spa

PRENATAL BODY TREATMENTS

HEAD FIRST (30 minutes) *\$65*
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 (60 minutes) *\$95*
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 (60 minutes) *\$95*
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.

PRENATAL BODY BOOSTER (30/60 minutes) *\$70/\$155*
A gentle exfoliation with natural grains followed by an application of rose essential oil leaves the skin deeply nourished and hydrated. Great on its own, or as an add-on.

BELLY BLISS (30 minutes) *\$65*
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 (90 minutes) *\$150*
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.

POSTPARTUM BODY TREATMENTS

MOTHER'S LITTLE HELPER (60 minutes) *\$95*
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.

DETOXIFYING SEAWEED BODY WRAP (90 minutes) *\$150*
Enjoy an exfoliation and the warming, detoxifying effects of the seaweed. Not recommended for people allergic to sulfur or other iodine-related substances.

FOR DADDYS TOO

DADDY'S TURN (60 minutes) *\$95*
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!

COUPLES MASSAGE (60 minutes) *\$190*
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!

BEAUTY AND FACIAL TREATMENTS

SHORT AND SWEET (30 minutes) *\$65*
This custom-designed treatment concentrates on what your skin needs most. Great for moms short on time or who need a boost between full-length facial treatments.

B&P SIGNATURE FACIAL (60 minutes) *\$100*
This personalized facial will cleanse, exfoliate and rehydrate the skin, promoting increased circulation and a reduction in water retention.

LIGHTEN UP (60 minutes) *\$120*
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 (60 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.

CLASSIC MANICURE (60 minutes) *\$35*
Give your fingers a treat! Our spa manicure includes a relaxing hand massage that will leave your hands looking and feeling marvelous.

CLASSIC PEDICURE (60 minutes) *\$65*
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!

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) *\$180*
Our B&P Signature facial and Total Relaxation or Mother's Little Helper massage are the perfect combination to pamper the expecting or new mom.

LABOR SWEET (4 hours) *\$450*
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, Revive! Hand and Foot mini-treatment, bikini wax and Total Relaxation massage. Makes a wonderful shower gift.

THE WORKS (3 hours) *\$275*
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!

WAXING

EYEBROW	<i>\$20 e³ up</i>
LIP	<i>\$15</i>
HALF LEG	<i>\$55</i>
FULL LEG	<i>\$55-65</i>
UNDERARM	<i>\$25</i>
BIKINI	<i>\$50-45</i>
BRAZILIAN BIKINI	<i>\$50</i>

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