



Maternity Menu

Every phase of your pregnancy brings new and dramatic changes that your body must adapt to. Our therapists are trained to help you embrace this transformation, helping to relax tense muscles, ease sore trouble spots, increase circulation and mobility, provide energy and reduce anxiety.

We have specially designed treatments for expectant mothers in their throughout the four important trimesters. Please let us know at the point of booking if you are pregnant, so we can advise the correct treatment for you. Your comfort and safety, and the safety of your child, are of the utmost concern at all times.

Our team of experts are all internationally qualified therapists and received advanced training from the Jing Massage Institute, with specific courses on pregnancy massage and therapeutic treatments for chronic pain

FIRST TRIMESTER – 0-12 WEEKS

While a very exciting time, the first trimester is full of unknowns for so many women, so we have designed facial treatments that work with everyone in the first trimester.

BESPOKE PREGNANCY FACIAL TREATMENT

30/50 mins

Off-Peak £55/£90

Peak £100/£140

Our therapists create a bespoke combination of techniques to treat your unique needs. Anti-inflammatory and desensitising organics. Utilises a heated Hydrotherm water cushion

DIAMOND ENERGY FACIAL

60 mins

Off-Peak £100

Peak £110

Designed to reboot dull skin from environmental stress and DNA Damage

SECOND TRIMESTER – 13-28 WEEKS

MADE FOR LIFE FACIAL TREATMENT

30/50/80 mins

Off-Peak £55/£90/£130

Peak £65/£100/£140

Anti-inflammatory and desensitising organics. Opt for the longer options with chamomile deep cleanse extraction (Steam exposure only in 80min option).

DIAMOND ENERGY FACIAL NATURA BISSE

60 mins

Off-Peak £100

Peak £110

Designed to reboot dull skin from environmental stress and DNA Damage

TAILORED FACIAL EXPERIENCE NATURA BISSE

60 mins

Off-Peak £100

Peak £110

Choose from destress, recharge, or rejuvenate

MUM-TO-BE MASSAGE DR JACKSON'S NATURAL PRODUCTS

50 mins

Off-Peak £95

Peak £105

Heated water cushions make this the mother of all pregnancy therapies (13 to 32 weeks only) Performed in supine position, raised to 30 degree angle for back and knees

MADE FOR LIFE PREGNANCY MASSAGE

50/80 mins

Off-Peak £95/£130

Peak £105/£140

Wildly comforting massage with organic balms (13 to 36 weeks only) performed side lying.

RANGE OF MOTION (Add-on only)

20 mins

Off-Peak £20

Peak £25

To help address pain and tensions you feel during your first trimester, work with our specially trained therapists to assist with hip stretches, stretching of your ankles and lower limbs, joint mobilisation or Thai stretching.

MATERNITY BOOSTER PACKAGE

50 mins

Off-peak £100

Peak £110

Combines a 25 minute bespoke facial from Dr Jacksons Natural products and 25 minute massage including range of motion movements to address any specific needs.

+ Supermum smoothie

MUM TO BE PACKAGE

80 mins

Off-Peak £160

Peak £170

Combines a 50 minute Dr Jackson Mum to be Massage and a 35 minute bespoke pregnancy facial treatment

+ Supermum smoothie and selection of dried fruit and nuts

+ Coconut oil 15ml

THIRD TRIMESTER – 29-36 WEEKS

MADE FOR LIFE PREGNANCY MASSAGE

50/80 mins

Off-Peak £95/£130

Peak £105/£140

Wildly comforting massage with organic balms (13 to 36 weeks only) performed side lying.

LIGHTER LEGS PEDICURE

75 mins

Off-Peak £70

Peak £75

Includes calendula scrub and 20 minute massage with nourishing organics

MADE FOR LIFE PACKAGE FOR MUMS

80 mins

Off-peak £165

Peak £175

Includes a 30 or 50 minute Made for Life Organic Facial and a 30 or 50 minute Made for Life Maternity Massage

+ Supermum smoothie and selection of dried fruit and nuts

+ Restorative Body Balm 50ml

FOURTH TRIMESTER – FOLLOWING CHILDBIRTH

In the weeks following childbirth, mothers must adapt to plunging hormones, recover from birth and learn how to feed and care for a new infant. The transition from expectant mother to Mama can be stressful, both emotionally and physically. Our treatments are designed to relieve aches and pains and promote healing. For ultimate relaxation we suggest that new mums come by themselves; giving themselves a much needed break in which to fully relax & rejuvenate.

COMPLEMENTARY TREATMENT

80 mins

Off-peak £125

Peak £130

A meditative treatment to promote deep relaxation

MADE FOR LIFE INFUSION

120 mins

Off-Peak £190

Peak £200

Our tailored hot oil envelopment & massage with a 35 minute organic facial

FIX IN SIX

35/50/80 mins

Off-Peak £65/£100/£140

Peak £70/£110/£150

A Program of our aqua advanced bodywork massage with our practitioners, you will be offered a bespoke treatment combining techniques of myofascial pain relief, deep tissue and sports therapy.