

WHY HAVE A MATERNITY MASSAGE?

The increasing size of your uterus will inevitably cause pressure and tension in the muscles of the pelvic floor and lower back where the Sciatic Nerve resides. This tension then spreads to the muscles in the upper and lower leg causing swelling in those muscles and increased pressure on nearby nerves.

Our massage therapists are well-versed in all the techniques used to release tension in the affected muscles, reducing nerve inflammation and Sciatic Nerve pain. Therapists will use pillows and bolsters to ensure proper support so you can feel comforted and relaxed.

Mothers-to-be have also reported these benefits:

- Reduced Back Pain
- Reduced Joint Pain
- Improved Circulation
- Improved Overall Mood
- Reduced Edema (Swelling during Pregnancy)
- Reduction in Muscle Tension & Headaches
- Reduced Stress & Anxiety
- Better Sleep

In women who received bi-weekly massages for only five weeks, hormones such as norepinephrine and cortisol (stress hormones) were reduced and dopamine and serotonin levels were increased. Low levels of these hormones are associated with depression. These changes in hormone levels also led to fewer complications during birth and fewer instances of newborn complications, such as low birth weight. The evidence points strongly to maternal and newborn health benefits when therapeutic massage is incorporated into regular prenatal care.

TIMING, PRESSURE, & PRECAUTIONS:

The safety of mommy and baby are the two primary points of focus for Face & Body Spa massage therapists. Due to the increased risk of miscarriage during the first trimester, we insist that you wait until your second trimester before having a maternity/prenatal massage.

You may also notice our therapists avoiding certain areas of the ankles and wrists. These are sensitive pressure points that stimulate pelvic muscles. If you have experienced pre-term contractions or consistent Braxton-Hicks contractions, alert your therapist, so that pressure points can be avoided completely.

Women with the following conditions should speak with a health care provider prior to receiving a massage:

- High risk pregnancy or Previous pre-term labor
- Pregnancy Induced Hypertension (PIH)
- Preeclampsia
- Severe swelling, high blood pressure or sudden, severe headaches



“BEST DAY SPA”

The Face & Body Spa is the premier Holistic Day Spa of Bucks County and the Greater Philadelphia Region. Awarded Best Day Spa five years in a row for: Best Massage, Best Clinical Skin Care, Best Men's Grooming, and finalist in Manicures & Pedicures, and Waxing.

Our team consists of unbelievably talented, knowledge craving individuals that work together as a tight knit family to ensure that you are cared for as the true individual you are, while achieving the results you desire. Each of our Spa Professionals seek out growth and improvement on a daily basis. This shows in the quality of service, comfort and warmth of every FB Spa experience.

HOURS OF RELAXATION:
MONDAY 9AM-5PM
TUESDAY-FRIDAY 10AM-8PM
SATURDAY & SUNDAY 10AM-6PM

9 SOUTH MAIN STREET
YARDLEY, PA 19067
215-369-0699 | FBSPA.COM

MATERNITY MASSAGE

AND OTHER SERVICES FOR
MOTHERS-TO-BE



the
face & Body spa

WHERE RELAXATION &
RESULTS COME NATURALLY



TREATMENTS FOR THE SKIN

Anti-Aging Facials:

To combat and prevent the signs of aging, we offer the *Anti-Wrinkle Facial* which targets fine lines and deep wrinkles to smooth and restructure skin for instantly younger looking face. We also offer:

- Deep Firming and Lifting
- Deep Hydration
- Resurfacing

When You Want to Relax:

Have an Ultra *Hydrating Warm Stone Facial*, an effective and original treatment that plumps and leaves skin glowing. Gentle comfort of warm stone massage and velvety pleasure from unique textures of warmed products. We also offer:

- Aromatherapy Facial
- Pleasure of Aroma
- Mini Escape Facial



Problem Skin:

To Clear Cystic and Surface acne, we'll create a Treating and Healing Program just for you with the *Acne Solutions Facial*. We also offer a *Teen Facial*, which is a mini version of our Acne Solutions Facial for acne maintenance.

For the Back:

Just as relaxing and effective as our other facials, our *Relaxing and Cleansing Back Treatment* will clear back breakouts. Add microdermabrasion to enhance results.

Result Enhancing *Microdermabrasion* and *Photo Rejuvenation* are available to add to any of the above treatments.

Pampering the Mommy-To-Be... Organically.

HAIR STUDIO

Men's & Women's Hair Care:

- Color
- Styling
- Bridal
- Extensions
- Keratin Blow Outs
- Scalp Conditioning Treatments
- Men's Precision Cuts
- Complimentary Consultations

MAKE-UP STUDIO

Make-Up & Lashes:

- Bridal
- Special Event
- Prom
- Off-Site Consultation
- Make-up Lessons
- Foundation Matching
- Lash & Brow Tinting
- Lash Enhancements
 - Strip Lash
 - Cluster
- Lash Perm
- Complimentary Consultations

NAIL STUDIO

Manicures & Pedicures for Men & Women:

- *Gel Manicure* - a manicure that is guaranteed to last at least two weeks!
- Essential Manicure or Pedicure
- *FB Spa Element Manicure or Pedicure* - Our signature manicure is a treat for your hands, feet, and senses. First, with your nail tech, you will concoct a custom blend of Spa Element products. Next nails are shaped and fingers or toes are soaked in your special blend of sea salt and oil which will soothe, soften and hydrate. After nails and cuticles are nourished and cared for, your custom mixed salt or sugar scrub will uncover smooth healthy hands. Next a relaxing massage, and finally nails can be polished buffed or left natural.
- Indulgence Manicure or Pedicure
- Organic SpaRitual Manicure or Pedicure

DEPILATORIES

Waxing & Permanent Hair Reduction:

- Both waxing and Permanent Hair Reduction are available for the face and body.
- Complimentary Consultations are available for Permanent Hair Reduction.

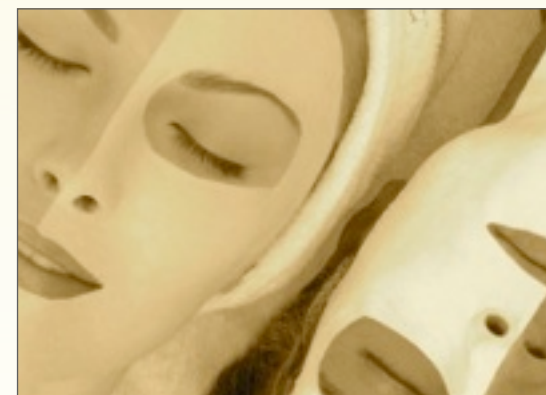
FEEL BEAUTIFUL SAFELY

We've eliminated all of the harsh chemicals normally found in hair care and color. We use the O&M hair care line and the YonKa skin care line - both all natural and organic, and both result-driven lines that believe results can and should come about naturally. Our goal is to pamper and protect mommy and baby.

PARTIES & EVENTS

We are available to plan your spa days and parties. Reserve the entire spa, or plan a small gathering for a Baby Shower, or just a Girls Day Out before baby arrives.

Side-by-Side treatments are also available for friends or couples. Bring dad, girlfriends, or family and make it a spa day!



SALON & SPA PRICING

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|--------------------------|--------------|
| MASSAGES | \$60 - \$155 |
| FACIALS & SKIN CARE | \$70 - \$150 |
| WAXING | \$10 - \$75 |
| PERMANENT HAIR REDUCTION | \$75 AND UP |
| SALON | \$20 - \$250 |
| MAKE-UP & LASHES | \$20 - \$140 |
| MANICURES & PEDICURES | \$20 - \$94 |