



# MATERNITY

## BASQ NYC PREGNANCY TREATMENTS

Your body goes through a lot during pregnancy so it is the perfect time for you to check out of reality and into a spa. BASQ NYC spa treatments are our special programme of skin salvation indulgent spa treatments. Remember take good care of yourself and find joy in the amazing achievement. Grab a few moments to care for yourself and enjoy.

### BASQ in the Moment Pregnancy Massage 75 mins | €130

A customised full body massage using safe pre-natal techniques. Designed to relax, reduce fatigue, release tension, aches, pains, swelling and other discomforts associated with pregnancy. This indulgent massage will help increase circulation and benefit Mammy-to-be.

### BASQ Baby Bump Treatment 45 mins | €80

This treatment is designed to reinforce the skin with deep hydration and a mega dose of nourishment that targets scars and marks, whilst also helping with the tone and elasticity of the bump area. Your journey begins with

a skin exfoliation using a dry brushing technique, followed by an application of BASQ Lavender Perfect Scrub. Next, the tummy is treated to a layering of our wondering stretch mark oils and butter, which combine to replenish deep down while also soothing itchy skin. While we allow these absorb into the skin, the lower legs are massaged to assist circulation and reduce swelling and heaviness in the legs.

### BASQ Head to Toe Experience 90 minutes | €130

A complete head to toe spa experience that focuses on the head, face, bump and lower legs. We begin with a relaxing head, face, neck and shoulder massage to release tension and congestion. We then move to the bump, where gentle dry brushing increases circulation, and a gentle exfoliation removes dead dull cells which improves the tone and elasticity of the skin. This is followed by an application of our luxurious BASQ Resilient Body Oil and BASQ Mega Moisture Butter on the skin to help prevent stretch marks. Whilst the cream and oil absorb into the skin, the lower legs are massaged to assist circulation and reduce swelling and heaviness in the legs.

## BASQ Skin Boosting Body Exfoliation

75 minutes | €140

Relax and breathe deep; inhale the calming benefits of lavender in this completely balancing and rejuvenating spa experience. An instant fix for dry, itchy and stretched skin. Using our BASQ Perfecting Lavender Sugar Scrub, we work to repair and restore youthful looking skin. Exfoliation is the best way to fuel skin renewal and discard damaged skin. As we polish, thirsty skin pulls in nutrients, resulting in a beautiful, healthy glow. This is followed by an application of our BASQ Mega Moisture Butter to nourish the skin with a blend of our powerful omega oils.

### BASQ Remedy for Tired Legs 30 minutes | €60

The lower legs and feet are treated to an exfoliation massage to improve circulation and reduce any swelling, heaviness and other discomforts often associated with pregnancy. Whilst the legs are wrapped in a cocoon of luxurious salts and oils, a relaxing scalp massage is performed to melt you away in the moment.

*Please note: We ask that those wishing to book a BASQ maternity treatment are past their first trimester.*

## FULL DAY MATERNITY PACKAGES

These packages include lunch chosen from The Amber's healthy options menu and time in the relaxation suites.

### BASQ in the Glow

€195

Your treatment will commence with a relaxing back massage designed to release tensions and muscle fatigue. You will then enjoy your pampering BASQ Head to Toe Experience treatment which is described on the previous page.

### Serene Mama

€190

Your treatments will commence with a BASQ Remedy for Tired Legs, It includes gentle hand, lower leg and foot massage. You will then enjoy our fabulous BASQ In the Moment Pregnancy Massage, treatment is described on previous page.



body | TREATMENTS