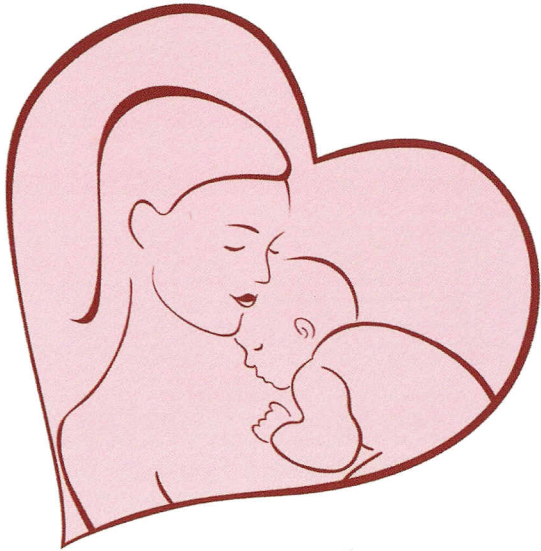


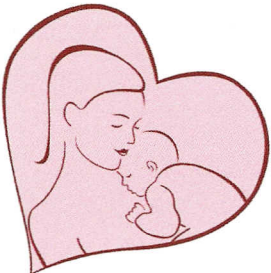
# RELAXING PREGNANCY TREATMENTS



Being stressed isn't good for your baby - so what better excuse than being pregnant for some nurturing me-time!

01283 733903

Renaissance Hair & Beauty



## All "me-time" packages include artistic hair styling and refreshments.

REST: Deluxe Thai Pedicure & Manicure £70.00

REFRESH: Express Dermalogica Facial & Deluxe Thai Pedicure £65.00

REVITALIZE: Leg & Foot Massage & Deluxe Thai Manicure £56.00

RELAX: Indian Head Massage, Eyelash/Brow Tint & Shape £51.00

### WHAT SHOULD I AVOID WHEN I'M PREGNANT?

Body wraps, full body massages, scrubs, aromatherapy oils, mud baths, steam rooms, saunas, hot tubs, electrolysis.

We recommend you have an additional skin test for hair colour and eyelash tinting.

Hair removal can be more painful when you're pregnant.

[www.renaissancehilton.co.uk](http://www.renaissancehilton.co.uk)