

# ESPA

MONDRIAN

DOHA

## PRE AND POST PREGNANCY TREATMENTS

**Espa at Mondrian Doha is the only spa in Qatar to specialise in pre and post-natal treatments.**

Touch in its many forms brings solace, relief of aches, pain and stiffness, and gives emotional support and reassurance. With a knowledgeable and well-guided hand, treatments during pregnancy add to the enjoyment of the pregnancy and the birthing experience. Hydrotherm offers a unique system that provides the most comfortable pre and post pregnancy treatments in the spa world. Warm water filled pillows fully support the body and enable you to lie comfortably on your back for the duration of the treatment. Paying attention to the changes the body goes through during the different stages of pregnancy and post pregnancy, we have created a unique and thoughtful range of treatments to support and care for you during this wonderful time.

### TRIMESTER SPECIFIC MASSAGE

**60 mins – 750 QAR**

Studies have found that moms-to-be can gain both mental and physical benefits from prenatal massage. Massage therapy performed during pregnancy can reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, give you better sleep and reduce swelling.

Our massages have been created to address the specific changes that occur in the body during the different trimesters, ensuring you feel refreshed and cared for whenever you visit us.

### LIGHTER LEGS TREATMENT

**45 mins – 600 QAR**

During pregnancy it is common for legs and ankles to swell, this treatment helps reduce swelling and water retention as well as relieve symptoms of restless legs syndrome. Lie back and leave lighter than air!

### PRENATAL FACIAL

**60 mins – 800QAR**

Pregnancy brings elevated hormone levels and can cause a variety of skin changes, which makes acne and pigmentation during pregnancy a common complaint. This facial addresses specific concerns and helps to regulate the skin during this time of change.

### POST-NATAL MASSAGE

**60 mins – 750 QAR**

Post-natal massage can be as important and beneficial as massage during pregnancy. Often the upper back, neck, and arms are the first to feel sore as you get used to holding and feeding your baby. A massage is very essential to help you have a more peaceful and pain-free experience with your little one. Post-natal bodywork is an effective and holistic approach for the many adjustments to motherhood.

### POST-NATAL TONING WRAP

**60 mins – 750 QAR**

This midsection specific wrap is focussed on toning of the stomach and reducing stretch marks, making the skin supple and aiding in rejuvenation and repair.

### POST-NATAL FACIAL

**60 mins – 800 QAR**

Post-pregnancy hormones can be just as challenging as during pregnancy, but thankfully, this facial is specifically designed to help regulate the skin and give you a fresh radiant complexion.