

# AMAROO SPA



## Prenatal Treatments

Amaroo Retreat & Spa  
1200 Alison Street, Mount Helena, 6082  
[reservations@amaroo retreat.com.au](mailto:reservations@amaroo retreat.com.au)  
6244 4800

THESE PRE-NATAL TREATMENTS ARE AVAILABLE FROM  
OCTOBER 7TH ONWARDS

## Mum-To-Be

At Amaroo we want to ensure our important Mum's To Be receive a babymoon to remember. We pride ourselves on our specially developed pregnancy treatments that ensure a safe and relaxing experience.

Please note, we do not perform any treatments on women within their first trimester.

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## Prenatal Massage

Our pregnancy massage will relax and rejuvenate you during this special time. Our staff will tailor this experience to alleviate tension in common problem areas such as the neck, shoulders, feet and legs. This promotes circulation and relaxation.

60 minutes \$160

90 minutes \$200

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## Prenatal Refresher

Enhance your prenatal glow with this indulgent spa treatment. Enjoy a 90-minute massage to alleviate your tired and sore muscles. Then sit back and relax while an express facial cleanses, moisturises and tones your skin.

2 hours \$250

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Drift back to earth with a complimentary warming herbal tea, or juice in one of our luxurious lounge areas after your massage treatment.

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## Spa Etiquette

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## BOOKING

- All bookings are able to be made by phone or email. To secure your booking, the first & surname of all guests is required, along with a contact number and email address.
- Your booking is not confirmed until either a 50% non-refundable deposit, or payment in full has been made. This can be made over the phone via EFTPOS, by bank transfer or gift voucher payment. If paying by bank transfer, a copy of the transfer receipt is due to secure your booking. If paying by gift voucher, the gift voucher number is required.
- Booking ahead to avoid disappointment is highly advised.

## CANCELLATION

- 24 hours notice or more is required to significantly change or amend your booking. If less than 24 hours notice is given the deposit will be forfeited. If more than 24 hours notice is provided, any payments made will be placed into credit for a maximum period of 12 months. If 12-months has passed and you fail to re-book, any money paid will automatically be forfeited.
- Failure to attend your booking for any reason will see 100% of all payments made forfeited.

## ARRIVAL

- Please arrive 15-minutes early to your booked appointment time to fill in your consultation form. Any late arrivals will result in a time deduction from your treatment with no reimbursement of payment.

## SPA ATTIRE

- It is recommended to wear loose fitting clothing to and from your treatment. If you are an in-house guest, we suggest wearing your complimentary robes to and from your treatment.
- Disposable underwear will be provided, however you are welcome to wear your own underwear or swimwear if you prefer too.

## GENERAL

- Our therapists are highly trained and experienced in their field of expertise. They will always try to exceed your expectations, however if you feel uncomfortable at any point during your visit please let them know immediately.
- Please ensure your mobile phone is switched off or on silent mode.
- If you have any medical conditions that may impact your treatment please inform reception upon making your booking. Our therapists can accommodate most conditions, however there are some conditions which will require medical clearance prior to your visit.