



Introducing 2 new programs aimed to make a Mom's (or Mom to Be) life more peaceful!



### Mommy Mondays:

Nobody deserves some TLC more than a mother! Every Monday from 10:00 am to 2:30 pm will be **Mommy Monday** at Pax, where you can schedule a massage and bring your child along with you. Pax will provide a babysitting service in the lobby while you enjoy an hour of relaxation all to yourself!

Members: \$69

Non-Members: \$89



### Pregnancy Package for the Mom to Be:

Pregnancy is a very special event in a woman's life, and there is no more important time to care for your body than while you are pregnant. Modern investigation and research is proving that prenatal massage therapy can be a very instrumental ingredient in women's prenatal care and should be given careful consideration, and that massage also has a positive effect on the baby.

Our pregnancy package includes 6 monthly 1-hour massages during your pregnancy, and post partum one massage and a workshop on how to massage your infant.

\$59 per session\*

\*Packages tailored to how far along you are. Commitment required for the length of your pregnancy when you come in. Massage during pregnancy is extremely beneficial when done consistently. Must be in your second trimester and have approval from your doctor.