

Packages For Our Newest Moms

Buy your mom a special treat with our menu options just for first time moms and newly postpartum moms.

Mama's Delight **120 min. \$140.00**

For our first time pregnant mamas that are 'oh so tired'. We serve teas and cookies during your pretty pinkies pedicure, followed by a back and hip massage, including nap time.

Rush Hour **60 min. \$70.00**

For our new mamas that are in need of some company and a little pampering. The new baby joins us during a back, neck and shoulder massage, followed by a natural pedicure clean up, polish and coffee for the road. Who says you still can't do it all? Babies 3 months and under please.

Mini Foot Treatments For the Seasoned Mom on the Go

Moms value feeling beautiful, but run out of time for themselves on a daily basis. Babies and toddlers are occupied by our nanny while moms enjoy 20 minutes of foot therapy in the same room! Great for children with separation anxiety or a much needed break mid day. Stop into Mellow for recharging after doing errands, lunch break or a stroll with babies and girlfriends on Pearl Street! Call from your cell and book a fly by or check our door for today's appointment times.

Tired Pups **20 min. \$20.00**

A Bubbly soak and reflexology

Lemon Zest **20 min. \$20.00**

a lemon soak and scrub for extra dirty feet!

Nip and Clip **20 min. \$20.00**

A pedicure to clip and clean up toes

Dreaming of Salt and Sand **20 min. \$20.00**

An aromatherapy soak and foot file for dry, cracked heels.

Add ons~	
Choose fun polish	\$2.00
Childcare	\$3.00 (<i>babies in car seats or kept in arms, free</i>)

Our family room proudly serves lemonade in the summer, coffee always and homemade cookies. We are always open if you need to stop by and feed your baby or to hang out with other moms inside. Call today to book a play date and an hour for you and another mom with our mini foot treatments!

A Mellow Mood
2025 16th Street, Boulder, Colorado 80302



A Mellow Mood
303.444.0919
www.aMellowMood.com

Most Recommended Family Spa
With Exceptional Post-Natal Care
— Labor and Delivery/Nursing Staff,
Boulder Community Footbills Hospital



A Mellow Mood: Boulder's First and Only Family-Oriented Spa

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Providing a community for your family to heal, bond and socialize is our mission.

We are a speciality massage and foot treatment spa that caters to parents with on site babysitting. For new moms and moms-to-be, our menu boasts specialized prenatal and postpartum massage, making the spa about health and self-care, not just pampering. Our playroom and spa bring a home like environment to families, inviting them to come as a whole and experience holistic body care. Happy parents make happy children! Go ahead, include them! Re-define your family time!

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To schedule an appointment
303.444.0919

☺ Holistic Body Care

Indulge and quench your body from head-to-toe in our all-natural, organic body treatments. Our signature treatments are sure to bring luster back to your tired skin.

Bliss 90 min. \$125

Inspired by truly being spoiled. We start out with a blissful aromatherapy massage, followed by a shea butter body wrap, ending with foot reflexology.

Mad About Chocolate 90 min. \$125

A sweet cocoa treat. Let us take you on a sensory journey into “la, la” land using organic cocoa butter combined with a hot stone, full body massage, ending with a wrap and scalp massage.

☺ Massage

At A Mellow Mood, we value holistic health and present well being. We encourage our clientele to experience exceptional quality, un-rushed massage care. Let us take you on a journey to recapture your mellow mood...

Swedish Massage: The “Basic” 50 min. \$70 80 min. \$100

Swedish massage is designed to energize the body, stimulate circulation, and may help speed healing from injuries. Therapists will use effleurage, kneading, rolling, vibration and tapping techniques during the session.

Deep Tissue: The “Classic” 80 min. \$115

Your skilled therapist will use deep muscle massage techniques that affect the sublayer of the body’s musculature and fascia. This treatment helps with chronic pain and injury rehabilitation.

Hot Stone Massage 80 min \$105

This massage is a connection to Mother Nature’s vital energy. A winter time favorite, a soothing, deep heat, massage using warmed river rock and hot oils, to bring the physical, mental and spiritual body to a deep state of relaxation.

Mellow Out 55 min \$75

A beautiful combination of various massage modalities. Our therapist will customize your massage drawing from her unique background and specific training.

Stop and Go: 25 min \$35

An expert hand will soothe, restore and revitalize your mood with slow effleurage and deep tissue techniques. A spa “must try” to manage stress and combat fatigue.

Cancellation Policy

At A Mellow Mood, we require 24 hours notice in advance to cancel your service without penalty. In consideration of our hard working technicians, cancellations made without 24 hours notice are subject to a 50% cancellation fee and missed appointments will be charged in full. In the event of a sick child, \$20 will be charged and given to your technician for their time.

☺ Foot Treatments

Everybody deserves soft, beautiful feet! Pamper your toes with our top-notch, long lasting pedicures and massages just for the feet.

Reflexology 45 min. \$45

An ancient therapy, reflexology involves manipulation of specific reflex areas in the feet that correspond to the whole body. Pressure is applied to these zones which stimulate body organs, and relieve areas that are congested. Reflexology works with the body’s energy flow to bring self-healing and balance.

Mama’s Reflexology 45 min. \$55

Having a baby means putting up with swollen ankles and feet. With our specialized training, this reflexology treatment is safe for expectant moms and will help alleviate foot pain. We focus on nausea, digestive tract and back pain through working on corresponding zones in the feet.

Baby Feet 65 min. \$65

Our Mad about Chocolate body treatment designed for the feet! We use hot stones and our signature chocolate recipe to pamper your feet, complete with a polish finish.

Speedy Delivery 55 min. \$55

For moms to-be, waiting for D Day. Pamper your feet one last time with reflexology to support labor points and a beautiful polish finish for delivery. A great gift for moms to-be! (Full term moms only)

Pretty Pinkies 45 min. \$40

Just a pedicure for me please!

Childcare at Mellow

Our nannies provide top notch, onsite babysitting while you enjoy services. Our girls are experienced, mellow and qualified to watch infants and toddlers. We require that you arrive before your treatment start time to drop off children in our family room. All kids need to feel comfortable so that moms can relax, please heed our advice!

\$6.00 add on charge and \$2.00 for every 15 minutes

Please no peanut products, bottles are given upon request and diapers changed always!

Mellow Mamas at A Mellow Mood

Join our email list for special invites for mini services, childcare and classes! Come and meet new moms and friends with ease, kick up your feet and let us entertain! Look for email invites for our Mellow meetings at PlayGrounds Café in North Boulder.

☺ Everything and Anything for my Baby:

“It’s the one thing you never quite get over—that you contain your own future” - Anonymous

Babies experience touch in utero as early as seven weeks. It is known that managing stress during pregnancy helps ease anxiety and can positively affect the growth of the baby. Prenatal massage offers moms a chance to connect with their baby and can be a healthy option to manage stress. Current, specialized techniques are applied to each trimester to spoil pregnant moms month-after-month.

1st trimester	65 min.	\$90
2nd trimester	80 min.	\$105
3rd trimester	90 min.	\$110

☺ Postpartum Recovery/Love the Belly

Attn: Dads You Can Help!

Moms focus all of their attention to the needs of the new baby. Moms feel overwhelmed and guilty about spending any time or energy attending to their own recovery. Postpartum massage will speed recovery and give new moms a confidence boost to make it through the long hours. Take advantage of our babysitting service or feel welcome to enjoy baby during the massage. Take care of your new mom with a series of massages that will address back, belly, rib and hip pain. **Three 65 minute sessions \$225 or \$90 individually.**

C-Sect Recovery 65 min. \$90

Healing from major surgery takes time and instruction. Massage time includes scar care and a core rehabilitation lesson.

Wee Three 65 min. \$250/couple

In the convenience of your own home, new parents can relax as two massage therapists work in tandem on your new family. Mom, Dad and baby can all benefit from immediate postnatal care. Babies 3 weeks - 3 months.

House Calls 80 min. \$125

Mellow Mood with come to you. Treat yourself to an in-home massage session. We travel within Boulder County only.

Infant Massage Instruction: Listening to our babies

3 sessions / \$35.00 each

Private one-on one lessons, where parents get to be the massage therapists. Learn Infant Massage USA’s long standing touch techniques, to create a lasting bond and give quality time back to our babies. Infants will release birth stresses from their tissues, have better sleep patterns and tend to cry less. Babies 3 weeks - 8 months.