

the
Boulder Bellies
project

Bringing Massage Therapy to Growing Families

From baby belly - to hospital - to home, bringing massage therapy to your growing family is important to us. Prenatal and postpartum massage is what we do. Our massage project is dedicated to providing more nurturing touch to new mothers and families, changing the way we "Mother" our new mamas. Proceeds from our Stork Sacks fund prenatal massage sessions and post-birth massage therapy to mamas in the hospital and at home. Touching more mamas ~ from belly to baby is our mission.

Stork Sacks - \$25

Support The Boulder Bellies Project and buy your sweet mama a visit from our stork.

A handmade baby burp cloth filled with home-made cookies will be delivered to her hospital room during her stay. *(please allow 1 day for delivery)*

Email relax@amellowmood.com or call 303-444-0919 to purchase or find out more Stork Sack information.

A Mellow Mood
4800 Riverbend Road, Suite 130
Boulder, Colorado 80301



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 Footprints Hospital

A MELLOW MOOD

— Mama + Baby Massage and Spa —



A Mellow Mood For Parents

Mama + Baby Massage and Holistic Spa with On-site Babysitting
Boulder's kid-friendly spa for parents. Kid-friendly. no kidding.



Stork Sack

*"A great cookie
can turn your
whole day around!"*

- a mellow mama, Boulder, Co

☺ Holistic Body Care

Indulge and quench your body from head-to-toe in our locally made 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.

Our Policy

Poop happens. Kids get sick the morning of your appointment. If you must cancel last minute, there will be no charge (fee) as long as you reschedule.

☺ 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. \$35

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. \$35

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.

Pretty Pinkies 45 min. \$40

Just a pedicure for me please!

OUR MINIS: Polished perfection

Tired Pups 20 min. \$22

A bubbly soak and reflexology

Lemon Zest 20 min. \$22

A lemon soak and scrub for extra dirty feet!

Nip and Clip 20 min. \$22

A pedicure to clip and clean up toes

Dreaming of Salt and Sand 20 min. \$22

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

Mellow Mondays ~ Babysitting Service

\$6/hr add on charge and \$2 for every 15 minutes

Our nannies provide top notch, on-site babysitting in our family room while you enjoy services. Our ladies are experienced, mellow and qualified to care for newborns and toddlers. All kids need to feel comfortable before we can start so try to come a few minutes early for one last hug or feed. Kids will have plenty of toys and structured art and story time to keep even the busiest busy for a bit.

Facts For Families: Managing stress while pregnant can mean a positive growth for your baby, better sleep + immunity and a happier birth and 'fourth' trimester. Take you and your baby "down a notch" and feel comfortable in your skin during the first three...

☺ Everything and Anything for My Baby ~ Prenatal Massage

"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. 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 each trimester to spoil pregnant moms month-after-month.

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

☺ And Into the Fourth Trimester...

"Game On" - The first 12 weeks of your baby's life outside of your body.

Facts For Families: Moms often focus all of their attention to the needs of the new baby. Moms feel overwhelmed and then guilty if they spend any time or energy attending to their own recovery. Moms will take time to receive if the idea is supported and nurtured.

POSTPARTUM MASSAGE FOR PERINATAL RECOVERY:

Love the Belly

Postpartum massage will speed recovery and give new moms a confidence boost to make it through the long hours. Take care of your new mom with a series of massages that will address back, belly, rib and hip pain.

Three 65 min. sessions \$225 or \$90 individually

C-Sect Recovery

Healing from major surgery takes time and it can help to get some instruction. Massage time includes scar care and a core rehabilitation lesson.

Three 65 min. sessions \$225 or \$90 individually

House Calls 80 min. \$125

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

To schedule an appointment

303.444.0919