

## HAPPY MAMA = HAPPY BABY: THE SPA AT SALISH LODGE INTRODUCES NEW PROGRAM FOR MOTHERS-TO-BE

Washington state's renowned spa to offer maternity treatments and products in partnership with Mama Mio, an award-winning skincare line popular with A-list celebrities

**Snoqualmie, Wash. (April 26, 2010)** – The Spa at Salish Lodge announces Mama Mio Mama's Touch™, a new collection of indulgent maternity spa treatments designed to carry expecting or new mothers through every stage of the nine month stretch and beyond.

“The nine months of pregnancy is such an exciting time, yet can also be very physically and emotionally draining”, said Melanie Silver, spa director of The Spa at Salish Lodge. “Each of our new maternity treatments has been designed to help expecting and brand new mothers feel refreshed and rejuvenated - both inside and out.”

In partnership with Mama Mio, a premier skincare line popular with [celebrities](#) including Jessica Alba, Christy Turlington, Rachel Weisz and many others, The Spa at Salish Lodge introduces the following treatments:

- **Yummy Tummy™**, an omega-rich facial for the tummy, intended to maximize skin strength, health and elasticity, combined with the luxury of an upper back, neck and head massage. 50 minutes, \$120
- **Lighten Up™**, a mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring affects of carrying an extra load. 25 minutes, \$55 or 50 minutes, \$105
- **Mellow Mama™**, a completely relaxing full body massage using safe but effective pre-natal techniques and award-winning omega-rich oils to relax those specific lower back muscles that are carrying that beautiful bump. 50 minutes, \$115 or 80 minutes, \$185
- **4th Trimester Healing Hour™**, designed for new mothers in need of a little rejuvenation, this restorative massage treatment helps realign the body, helping it recall how to be one person again. Designed as a massage for both mother and baby, mamas are invited to bring the new bundle to enjoy the treatment together, mommy relaxes with her child on her chest or snuggled nearby. 50 minutes, \$125
- **The Smoothie™**, designed to rejuvenate the skin and clear the mind in preparation for a pending arrival. The Smoothie will exfoliate the skin oh-so-gently (but effectively) followed by the most moisturizing massage to hydrate and elasticize the skin. A luxurious scalp massage will sweep away stress, and the entire treatment will leave you with skin to rival a baby's bottom. 80 minutes, \$185

Mama Mio retail products will be available for purchase at The Spa, including Shrink to Fit, hip and thigh cellulite cream, 100 ml (3.4 oz), \$70.95; Tummy Rub Oil, anti-itch stretch mark prevention rich in omega oils, 120 ml (4 fluid oz), \$43.95; Bootcamp for Tummies, a collection of expertly paired products designed to tighten and smooth skin, slim waist, improve posture and back strength, two Kits, \$123.95 and more.

Mama Mio's range of radically active body products focus on the specific benefits women want to achieve and maintain to have fit skin for life. Each of the super-moisturizing products are effective because of the high levels of omega 3, 6 and 9 (nature's superheroes at improving skin strength and elasticity). Every Mama Mio product features the "no nasties" certification, ensuring that it is safe to use at any time from "pregnancy stage to pensionable age."

To learn more about The Spa at Salish Lodge or to make an appointment, visit

[www.salishlodge.com](http://www.salishlodge.com)

### **Salish Lodge & Spa**

Consistently ranked among the best small resorts in the world, the AAA Four Diamond Salish Lodge & Spa overlooks the 268-foot Snoqualmie Falls. This iconic Pacific Northwest lodge has a world-renowned spa offering regionally inspired treatments, Chef Jack Strong's indigenous Northwest cuisine, an award-winning wine list and a variety of nearby recreational activities. Nestled in Washington's picturesque Cascade Mountains, each of its 89 guest rooms has a wood-burning fireplace, two-person whirlpool tub, goose-down comforter, feather bed and balcony or window seat. The resort is located 30 minutes east of downtown Seattle and within 40 minutes from Seattle-Tacoma International Airport. Salish Lodge & Spa is managed and operated by Seattle-based Columbia Hospitality, Inc. For more information or reservations, please call 800-2-SALISH or visit [salishlodge.com](http://salishlodge.com).

### **Columbia Hospitality, Inc.**

Columbia Hospitality, Inc. (Columbia), a Seattle-based hospitality management and consulting firm with a growing portfolio of award-winning hotels, spas, conference centers and unique hospitality venues, was founded in 1995 by John Oppenheimer. Columbia creates memorable experiences for guests and team members while achieving phenomenal results for owners. The company's continued success has led to an international expansion of the consulting division and more than 80 hospitality development projects worldwide. For more information about Columbia and a full list of properties visit [columbiahospitality.com](http://columbiahospitality.com).

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