



Spa Mama: Pampering for the Mother-to-Be

Stacy Denney

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Day spa owner and mom Stacy Denney knows how to make any expectant mother feel beautiful and relaxed with nine months' worth of revitalizing treatments designed to inspire well-being. *Spa Mama* presents facials for hormonally challenged skin, massages to ease all those new aches and pains, reflexology to fight morning sickness, healthy snacks for eating for two, and gentle prenatal yoga. There are even tips for looking good in those less-than-flattering post-delivery mother-and-child hospital snapshots. Witty and wise commentary throughout brings much-needed humor to those panic-filled *Will I ever see my toes again?* moments, while stylish illustrations demonstrate that a bump is the ultimate fashion accessory. A relaxed mommy makes for a healthy, happy baby. *Spa Mama* leads the way.

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