

FOR IMMEDIATE RELEASE

Chicago Massage Spa Rubs Pregnancy The Right Way

Moms and Dads Receive Early Delivery of Relaxation

Chicago, IL March 10, 2008 – In an effort to combat the stress– *and stretch marks* – often associated with pregnancy, Lincoln Park Massage Spa is offering the newest massage services in Chicago specifically geared toward easing the burdens of expectant mothers and fathers. As one of the few Chicago massage spas to offer prenatal massage and pampering, Lincoln Park Massage Spa is heightening consumer awareness on the importance of body care during *and* after pregnancy.

Expectant mother treatments are available in 60 and 90-minute sessions, and work to relieve many of the normal discomforts during pregnancy including backaches, stiff necks, leg cramps, swollen ankles and feet, and edema. In addition, these treatments include a stretch therapy-warming masque to help prevent and correct the visible appearance of stretch marks. The 90-minute treatment delivers additional time for a foot soak and foot massage.



Good News For Expectant Fathers

While mothers-to-be are being treated, fathers can also indulge at this highly regarded Chicago massage spa with a 60-minute Swedish or deep tissue massage accompanied by aromatherapy oil, warm towels, a heated neck wrap, and herbal tea. The male counterpart to the expectant treatments is one of the few massage services in Chicago targeted to the wellbeing of soon-to-be fathers.

“While women may be the ones to end up with cosmetic differences, both parents experience the stress of pregnancy,” says Christine Ramsey, co-owner of Lincoln Park Massage Spa. “We have developed our services to alleviate the aches and pains that keep parents from the personal wellness they want, and deserve, to achieve.”

Ramsey adds, “With these treatments, we have incorporated the use of all natural products from Susan Brown’s Baby, a premium line of safe, gentle, high-end skin care for mothers and babies. So not only do we help our customers feel good physically; we provide the peace of mind they deserve. This is a time when it is especially important to know what you are putting on and into your body.”

Customers interested in these new massage services in Chicago will receive \$25 off throughout the month of March.

Celebrating the Quirks of Pregnancy

In addition, Lincoln Park Massage Spa will host its first ever Pickles and Ice Cream Party on Wednesday, March 26th, providing reserved guests with a 30-minute massage, 15-minute foot reflexology treatment, pickles, ice cream, and non alcoholic beverages, plus a take-home bag of spa samples and must-haves from the Susan Brown’s Baby collection. Kim Hollar, co-founder of Susan Brown’s Baby, will discuss products and give helpful advice to expecting and new mothers.

Lincoln Park Massage Spa is an upscale spa offering professional body treatments and massage services in Chicago and is also home to Hired Hands On-Site Massage Specialists– Chicago’s largest on-site massage company, in operation for more than 15 years. The north side-based Chicago massage spa is one of only a handful of destinations in the city that offers prenatal massage.

For additional information on Lincoln Park Massage Spa’s services, call 773-296-6300 or visit www.lincolnparkmassage.com.

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