

## For Moms and Moms-to-Be

### EQUILIBRIO MASSAGE THERAPY

Hillcrest  
EquilibrioMassage.com  
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**THE VIBE:** Mama must-have.

Nearing (or after) your due date, if a mom-to-be is experiencing physical discomfort or anxiety, they might wonder if it's too late to book a massage. Happily, at Equilibrio Massage Therapy, they have a 'Birth' Day Massage designed for this time of transition. Equilibrio specializes in prenatal massage based in science, helping with common pregnancy issues like round ligament pain and sciatica while making mamas feel at peace and connected with their bodies and their babies. The spa's therapists are pillow ninjas, helping get you comfortable, while their therapeutic touch benefits pregnancy, labor, and birth.

### THÉRAPIE DAY SPA

Ocean Beach  
TherapieDaySpa.com  
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**THE VIBE:** Lunch break meets spa break.

While many spas offer prenatal massage, a true expertise in pregnancy bodywork is harder to come by. Thérapie Day Spa has one of San Diego's top maternity massage specialists, Korrin Hamilton, who understands the stress that the changes of pregnancy put on the body and designs techniques to alleviate discomfort. Launching soon is a postpartum massage option, developed specifically for post-natal and addressing the strains of birth and motherhood. Thérapie has a monthly membership package to make it more affordable to get regular massages, along with rotating complimentary upgrades for members, like a rosemary foot scrub or aromatherapy.

### BRIO SKIN STUDIO

Oceanside  
Brio-Skin-Studio.square.site  
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**THE VIBE:** Cozy, glamorous, lowkey spa suite.

One of Oceanside's beauty secrets lies at Brio Skin Studio, a lowkey yet glamorous suite with two cozy rooms. The studio's standout service, the Geneo Facial, calls for a three-step regimen with exfoliation, oxygenation and nourishment that leaves your skin oxygenated and rejuvenated. Jamie DeNault—the studio's founder—says the treatment uses the "Bohr effect" to drive results. She sums up the science behind it as "creating oxygenation in the skin from the inside out," killing bacteria, and plumping and reviving the skin. Pick from a list of ingredients including charcoal and blue spirulina to bring your skin back to life.

### INN AT MOONLIGHT BEACH

Encinitas  
InnAtMoonlightBeach.com  
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**THE VIBE:** Intimate and welcoming.

A five-suite sanctuary—and the first in the world to be WELL certified by the International Well Building Institute for having outstanding measures of air, water, lighting, nutrition, fitness, comfort, and mind—offers a list of wellness experiences perfect for a couple's retreat. The Well Loved Us package is among the most popular on site including two 60-minute massages, a bottle of bubbles and strawberries, a charcuterie board (vegan options available), a meditation kit with an abalone shell, palo santo and a selenite stick, plus a flower or medicinal herbal tea bath and other delicious wellness add-ons. Happy staycation-ing!

### ANGELICA B BEAUTY

South Park  
AngelicaBBeauty.com  
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**THE VIBE:** Boho clean beauty in an urban spa that once was the Burlingame Garage.

Your face will feel like baby skin after trying the holistic massage facial with organic Laurel cosmetic products. Expect eye bags to disappear—seriously! There are three add-on options to the facial that are worth trying: lymphatic drainage, gua sha (gentle combing with a rose quartz stone to rid unhealthy cells), and Buccal massage (Pilates for the face to increase collagen production). There are also services for lashes, brow lamination, make-up, sugaring, and waxing. The front-of-the-house boutique offers lovely products for cosmetics, lash care, natural skin care, and sexual wellness.

