

# Beauty Treatments for Every Mom

For some one mom, going to the spa is a regular activity. For another, it's completely out of the ordinary. That doesn't mean she dislikes getting pampered. To really show her that you're paying attention, get her a spa service that relates to her favorite activities.

***Does your mom spend her afternoons digging in the dirt?***



***Gift Idea: Facial***

If the garden is bountiful and the flowers are blooming, your mom is probably spending a lot of time outdoors. Even if she's wearing SPF, her skin is subject to humidity, sweat, and wind. Not only will a facial help get rid of pore-clogging dead skin, it will leave her as fresh as a flower after a spring rain.

***Is "one more page" an everyday saying for your mother?***



***Gift Idea: Massage***

For the mom who stays up into the wee hours of the night to get to the end of her whodunit novel, a massage is the ideal gift. Curled up with a book always sounds good, but after hours of looking at the page, her neck is likely getting sore. A massage will help work out any knots and improve posture.

***Does your mom wake up at 5am for a run?***



***Gift Idea: Hair Treatment at favorite Salon***

Nobody works out with their hair down. All those ponytails can take a toll, causing split ends, overall breakage, and drying out the hair follicles. To remedy this, schedule a deep conditioning treatment, which will help restore the hair back to its natural luster. Just make sure the appointment is after her workout.

***Is your mom always hard at work on her next project?***



***Gift Idea: Manicure & Pedicure***

Whether she's a painter, knitter, or jewelry maker, moms who craft always have a vision, but it might not necessarily include a day at the salon. Book a manicure and hand massage for your mom to treat her tired fingers, and remind her that a good manicure is an artform of its own!

Still don't think you can convince your mom to set foot into a spa? Try a DIY beauty day with her. You can pick up all the single use products you'll need like the Intrinsic Pre-Cut Gauze Facials Masks or our new Gel Nail Wipes at your local beauty supplier in addition to everything else.

***Happy Mother's Day from the Intrinsic team!***

