



Petit Pampering - Mummy & Me Retreats

PARTNERSHIP BETWEEN BESPOKE LIFESTYLE COMPANIES GIVES PARENTS CHANCE TO TRULY RELAX!

A brand new health and well-being retreat where clients children are cared for on-site will allow parents to focus on their health and well-being, knowing their children are having as wonderful a time as they are.

Created by the Founder and Managing Director of Personal Assistance firm, Petit PA – Erin O’Toole, Erin is very proud to announce Petit Pampering: Mummy and Me Retreats which combines health and well-being classes, luxury spa treatments in packages specially designed to rejuvenate and revive parents left weary from the demands of modern day parenting.

Erin O’Toole “Being a busy mother of two young children I know exactly how tiring and draining life can get. But I rarely find the time to do anything for myself like get a massage or take a yoga class. Then when I do I feel guilty about spending time away from the children and often rush home to sort dinner, clean the house and generally delete any benefit of the massage I’ve just had!”

For the retreats Petit P.A has teamed up luxury beauty company, Blossom and Jasmine, who are experts in soothing people back to feeling and looking their best.

Blossom and Jasmine Founder Gintare Lissauskiene: “At Blossom and Jasmine we know how beneficial regular spa therapy is for your health and happiness but parents sometimes find it hard to justify spending precious family time receiving treatments. We are thrilled that Mummy & Me Retreats gives families the opportunity to spend time focussing on their health and well-being.”

While parents are being pampered their children are being cared for by a team of highly qualified, first aid trained nursery assistants. Sensory classes for the babies, children’s yoga classes, performances by children’s entertainers, party teas and face painting means children are also having a fabulous day out while Mummy or Daddy gets some much deserved ‘me’ time.

Interactive activities such as mum and baby yoga, parent and child pampering sessions and afternoon tea means that parents have the option of combining their time out with some lovely bonding with their child if they wish. With half day, full day, overnight and pregnancy retreats on offer there’s never been a better time for people to enjoy some guilt-free ‘me’ time!

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