



AMOMI
PREGNANCY WELLNESS ~ SPA



Welcome to AMOMI Pregnancy Wellness ~ Spa! Scottsdale's only Physician Supervised Spa for Women and Moms of all ages. We offer safe, results-oriented, wellness, pregnancy and medical spa treatments.

Our on-site female Medical Directors are Board Certified High-Risk OB physicians with specialized aesthetic training. AMOMI's spa staff is licensed and has had prenatal care training. Our goal is for you to achieve real results while helping you relax, revitalize, repair and renew. We're here to take care of you!

Spa and Medical Spa treatments at AMOMI have minimal to no downtime, so you can book an appointment at lunch and head right back to work or your family. **Consultations are Complimentary. Stop in or call us today.**

Karrie Francois, MD
Cathleen Harris, MD, MPH
Julie Scott, MD

480.970.1998

www.AmomiSpa.com info@AmomiSpa.com

6950 E. Chauncey Lane, Suite 150
Phoenix, AZ 85054 (near Scottsdale Rd. & Mayo Blvd.)

Tuesday - Friday 9 am - 6 pm
Saturday 9 am - 5 pm

♥ = Pregnancy Safe ★ = Signature Treatment

BODY TREATMENTS

Under Construction 90 min. \$140 ♥ ★
An active facial peel for the tummy. An intensive exfoliation is followed by a triple application of potent cell regenerating concentrates and a rich firming, contouring mask. This treatment is followed by a massage to relieve lower back and leg tension.

Expect Less 75 min. \$160 ♥
Specially designed to restore elasticity, reduce water retention, and reverse spongy skin and the appearance of cellulite. Key ingredients zap cellulite by breaking down fat stored in the cells and preventing new fat cells from forming. This treatment includes a full body exfoliation, a circulation-boosting massage and a full-body mask.

AMOMI Belly Bliss 45 min. \$120 ♥
A facial for the belly! This treatment begins with an application of pregnancy-specific aromatherapy oil of fresh citrus and white flowers, a gentle dry skin brushing to increase circulation, and a gentle

exfoliation to improve the tonicity of the skin. A concentrated serum and treatment mask soothe and moisturize. Enjoy a relaxing lower leg and foot massage while the serum and mask take effect.

Relax & Lighten Up 30 min. \$65 ♥
Created to instantly help tired and swollen legs, this lower leg treatment helps to reduce water retention and increase circulation. Includes a hand, lower leg and foot massage.

MASSAGE

Prenatal Massage ♥
60 min. \$90 90 min. \$135

Promotes health and wellness for mother and child. Prenatal massage gives the mother-to-be a well-deserved break from maternal discomfort. Not only does it enhance circulatory and respiratory functions, but it reduces pain and encourages relaxation. Prenatal massage is used to alleviate some of the discomfort associated with pregnancy such as sciatic nerve pain, leg cramping, back pain and headaches.

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MASSAGE

Postpartum Massage

60 min. \$90 90 min. \$135

A combination of massage techniques focused on healing, restoration and relaxation. Postpartum massage uses rejuvenating oils to provide relief from the physical stress of delivery and some much needed personal time for new moms.

Clinical Massage

30 min. \$60 (1 area) 60 min. \$90 90 min. \$135

Highly effective techniques reduce pain, stretch tight muscles and reduce adhesions or chronic areas of strain. Your therapist may use deep tissue massage, trigger point therapy, transverse friction, or therapeutic muscle stretching to provide relief.

Total Relaxation Massage ♥

60 min. \$90 90 min. \$135

Alleviates discomfort associated with tense muscles and helps release the body of unwanted strain and stress. This massage uses the lighter, rhythmic strokes of traditional Swedish Massage to leave the body relaxed and rested, and your mind at ease.

FACIALS

Introductory Facial ♥

30 min. Single \$60

Relax and learn about your skin and how to care for it while rejuvenating your complexion. This facial offers a thorough analysis of your skin, cleansing, gentle exfoliation, toning and moisturizing; leaving skin with a smoother, softer appearance.

AMOMI Therapeutic Facial ♥

60 min. Single \$90 5 Treatments \$400

Our signature facial is a therapeutic, in-depth skin rejuvenation treatment. Skin analysis, gentle cleansing, facial massage, exfoliation, and a vitamin C firming mask renew your skin. This facial is complimented by a relaxing hand treatment and finished with an ultimate UV defense SPF protection, leaving your skin radiant, reconditioned and renewed.

AMOMI Signature Acne Facial ♥ ★

60 min. Face or Chest \$90 5 Treatments \$400

60 min. Back \$115 5 Treatments \$520

Pregnancy, Adult or Teen acne can be successfully

treated with our effective facial that reduces break-outs and excess sebum oil. This soothing treatment gently exfoliates, deep cleans pores, calms redness, and hydrates to balance your skin.

Hydrating Facial Treatment ♥

60 min. Single \$90 5 Treatments \$400

This facial treatment is ideal for dehydrated, aging or environmentally damaged skin. Our cleansing, toning, mask and protective products will leave your skin feeling healthier, firmer and more hydrated. Includes a facial massage with hyaluronic cream, followed by a hydrating vitamin C mask, moisturizer and UV defense SPF.

Vitamin C Firming Facial ♥

60 min. Single \$90 5 Treatments \$400

This facial uses enzymes and peptides to create luminous, hydrated and firmer skin - leaving skin feeling healthy and radiant. Vitamin C gel, serum and mask, plus Instant Lift Serum make this facial perfect for everyday or occasions when you desire a glowing, instant lift!



Mask of Pregnancy Facial ♥ ★

60 min. Single \$90 5 Treatments \$400

This illuminating facial helps minimize melasma, or the "mask of pregnancy" that 70% of women develop while pregnant. A unique blend of ingredients brightens skin.

Rosacea Facial ♥

60 min. Single \$90 5 Treatments \$400

Hormonal changes during pregnancy and menopause can cause the onset of or a flare-up of rosacea. This gentle clinical facial is geared toward correcting redness. Preventing flare ups over a series. Series recommended for maintenance.

Lightening & Brightening Eye Treatment ♥ ★

15 min. Single \$25 5 Treatments \$115

AMOMI's eye treatment hydrates, lifts and tightens skin while diminishing dark circles and wrinkles. This treatment uses a unique blend of ingredients that provides excellent stress and age management, suggesting a younger, more refreshed you.

ADVANCED SKIN REJUVENATION

Microdermabrasion ♥

Smooth, radiant skin can be yours with this non-invasive, chemical free procedure that exfoliates skin to remove the outermost layer of dry, dead skin cells, revealing younger, healthier-looking skin. Microdermabrasion encourages the production of new skin cells with higher levels of collagen and elastin, which improves your skin's appearance.

Body Area	Single Treatment	3 Treatments
Face & Neck	\$125	\$350
Face, Neck & Décolleté	\$150	\$400
Décolleté	\$100	\$275
Hands	\$100	\$275
Forearms or Upper Arms	\$125	\$350
Full Arms	\$200	\$550
Back	\$225	\$600
Belly	\$200	\$550

Chemical Peels

Chemical peels improve and smooth the texture of the skin by removing its damaged outer layers. Primarily used for the treatment of acne, sun damage, wrinkles, scarring, rosacea and pigment discoloration, chemical peels promote the growth of new skin and collagen with an improved texture and radiance that is noticeable in just a few days.

Type	Single Treatment	3 Treatments
Salicylic Peel	\$95	\$250
Glycolic Peel	\$95	\$250
TCA Resurfacing Peel	\$95	\$250
Custom Blended Peel	individually priced	

Ask our aesthetician which chemical peel is right for your skin.

LASER SKIN REJUVENATION

IPL Photo Skin Rejuvenation

AMOMI's Photo Facial Skin

Rejuvenation is a fast, effective, non-invasive treatment using Sciton intense pulse light laser aimed at restoring your skin's natural beauty. By eliminating age spots, sun spots, rosacea, melasma, broken capillaries and uneven skin tone, your skin can have a healthier, fresher look.



Areas: Face, Neck, Décolleté, Hands, Feet, Arms, and Lower Legs

Single Treatment: \$150 - \$825 per area

Series required for optimal results. Schedule a complimentary consultation for specific pricing.



LASER HAIR REMOVAL ♥



Carefree, smooth skin. At AMOMI Spa, we employ state-of-the-art laser technology by Sciton to permanently reduce unwanted hair. Laser hair removal is a noninvasive treatment that safely removes hair without damaging the skin.

Our system uses laser light – an intense, pulsating beam of light that passes through the skin to the hair follicle where the energy is absorbed and transformed into heat, disabling the follicle while leaving the surrounding area unaffected.

AMOMI's laser hair removal system can be used safely and effectively on most skin types and hair colors. FDA approved for permanent hair reduction. A series of treatments is recommended to experience maximum results.

Areas: Bikini, Full Bikini, Brazilian Bikini, Under Arms, Lower Legs, Upper Legs, Full Legs, Forearms, Upper Arms, Full Arms, Upper Lip, Chin, Full Face

Single Treatment: \$100 - \$375 per area

Series required for optimal results. Schedule a complimentary consultation for specific pricing.

Additional areas available; ask your spa specialist for pricing. Waxing or shaving not included.

WAXING ♥

Hair removal using natural wax to prevent ingrown hair, minimize redness and irritation of the skin. Slows the re-growth of hair, leaving skin silky smooth for weeks.

Body Area	Single Treatment	5 Treatments
Bikini Line	\$35	\$160
Full Bikini	\$50	\$230
Brazilian Bikini	\$65	\$290
Under Arms	\$25	\$110
Upper or Lower Legs	\$55	\$250
Full Legs	\$75	\$340
Forearms	\$35	\$160
Full Arms	\$55	\$250
Eyebrow Shaping	\$15	\$70
Upper Lip or Chin	\$12	\$50

LASER SKIN REJUVENATION ♥

Laser Vein Removal

AMOMI's spider vein treatments are non-invasive and require minimal downtime. Our laser delivers concentrated light at a specific wavelength that is ideal for heating the blood within leg, face or body veins, causing the veins to constrict and eventually fade away. More youthful skin is only minutes away.

Areas: Face or Legs

15 minute increments available.



MANICURES & PEDICURES

AMOMI Spa only uses Spa Ritual nail products, a luxury vegan, eco-friendly line. The formulations are naturally colored and free of synthetic dyes. Formaldehyde and DBP Free. Why? Because we all deserve to live the good life!

Spa Ritual Manicure ♥ \$22

After nails and cuticles are shaped, hands and arms are massaged with hydrating cream. Nails are then polished to perfection! (30 min.)

Spa Ritual Manicure with Paraffin ♥ \$30

AMOMI's Spa Ritual Manicure with paraffin wax dip, for ultra hydrated, smooth hands! (45 min.)

Spa Ritual Pedicure ♥ \$45

This pedicure starts with a warm foot soak, then dry, rough skin is exfoliated with an relaxing aromatherapy salt scrub. Lower legs and feet are massaged with cream, followed by a long lasting polish of your choice. (45 min.)

Refreshing Peppermint Pedicure ♥ ★ \$60

Relieve tired, aching feet. This pedicure starts with a refreshing peppermint salt soak, followed by an exfoliating scrub to remove dead skin cells. Next you'll enjoy a revitalizing foot massage with peppermint cream to hydrate and energize. Followed by your favorite Spa Ritual polish. (60 min.)

AMOMI Signature Medi-Pedicure

This is both a medical and cosmetic pedicure with benefits using advanced treatments to renew and nurture the skin of the entire foot: heel and toe, top and bottom. We begin with a microdermabrasion treatment followed by a chemical peel, mask, and a vitamin-rich emollient that nourishes and hydrates the feet. Choose your favorite polish for a finished look. One of our signature treatments. Results last for weeks! (90 min.)

AMOMI Medi-Pedicure ♥ ★

\$150

Add On: IPL Laser Skin Rejuvenation: \$150



REJUVENATION PACKAGES

AMOMI Half Day Getaway ♥ \$275

Enjoy a morning or afternoon at AMOMI Spa. Start with a massage, then a refreshing facial, eye treatment and eyebrow shaping, plus manicure and pedicure. Light refreshments will be available. Be revitalized and renewed! **Add On:** Microdermabrasion: \$100

Oh Baby! ♥ ★ 4.75 hours \$400

Perfect for the expectant mom. Under Construction facial for the tummy, Relax and Lighten Up Leg & Foot Massage, Acne or Mask of Pregnancy Facial, Medi-Pedicure, and your favorite polish for feet and hands! **Add On:** Microdermabrasion: \$100

Trimester Trifecta ♥ ★ \$775

3 - 60 min. Massage Therapy Sessions, 3 - 60 min. Facials, 3 Medi-Pedicures, & 3 Manicures. A favorite!

9 Months of Bliss ♥ \$1,450

Create your perfect pregnancy by choosing 9 - 60 min. Massage Therapy Sessions & 9 - 60 min. Facials

New Mommy Me Time ♥ 3.25 hours \$250

A mini getaway especially for the new mom. Postpartum Massage, Facial, Pedicure & Manicure.

New Mommy Moon ♥ ★ 5.25 hours \$525

Like a honeymoon or babymoon - new mom's need to take some much needed time for themselves. This package includes: Expect Less Body Treatment, Facial, Eye Treatment, Microdermabrasion, Eyebrow Shaping, Medi-Pedicure & Manicure.

Mommy Makeover ★

3 Expect Less Body Treatments, 3 Microdermabrasion, 3 IPL Photo Facials, Laser Hair Removal for Underarms and Lower Legs & 3 Medi-Pedicures

Bounce back from pregnancy and motherhood with skin and body rejuvenating treatments with real results. **Add On:** Full Legs & Bikini

Dynamic Duo Facial Rejuvenation

5 Microdermabrasion & 5 IPL Photo Facials

Reverse sun damage, reduce fine lines and wrinkles, melasma and remove the dull skin at the surface. Start with a Microdermabrasion before an IPL Photo Facial and make way for maximum results.

FREQUENTLY ASKED QUESTIONS

We've compiled the answers to some frequently asked questions. So relax and enjoy.

About Us...

Karrie E. Francois, M.D., Co-Founder

Dr. Karrie Francois is one of Arizona's leading high-risk pregnancy specialists. Her expertise earned her the position of Perinatal Medical Director for Scottsdale Healthcare. Dr. Francois graduated from the Medical College of Wisconsin in 1995, and is Board Certified in Obstetrics/Gynecology and Maternal Fetal Medicine. Dr. Francois also has extensive training in the use of lasers for cosmetic applications.

Cathleen M. Harris, M.D., M.P.H. Co-Founder

Dr. Cathleen Harris has 18 years of experience in the medical field. Along with her expertise in managing high-risk pregnancies, Dr. Harris also specializes in traveler's health and public health issues affecting pregnant women. She is a graduate of the Loyola Stritch School of Medicine and holds a master's degree in Public Health. Dr. Harris is Board Certified in Obstetrics/Gynecology, Maternal Fetal Medicine and Travel Medicine. Dr. Harris has extensive training in cosmetic procedures.

Julie A. Scott, M.D., Co-Founder

Dr. Julie Scott graduated from the University Of Arizona College Of Medicine in 2001 among the top in her class. Dr. Scott's expertise in caring for expectant mothers with high-risk pregnancies extends beyond her clinical practice. She has a strong interest in clinical research, particularly in the area of oncology and fetal medicine, and recently authored a chapter in a pharmacy guide book on drugs, diseases and complications in pregnancy. Dr. Scott is also trained in aesthetic medical procedures.

Arrival... Arrive approximately 15 minutes before your appointment. This will give you time to settle in and complete any necessary forms. Our guests enjoy prompt appointments, so treatments begin and end on time.

Clothing... Depending on the type of service, there may not be a need to disrobe. Our professional staff respects your privacy and wants you to feel comfortable. Robes will be provided if needed.

Physical Concerns... Concerns relating to pregnancy, impaired mobility, allergies, recent surgeries or medical conditions should be discussed with our physician or providers prior to your visit.

Your Comfort... If at any time during your treatment, you do not feel comfortable with the temperature, pressure or technique being used, please do not hesitate to advise your service provider. They will appreciate being able to make your visit more comfortable.

Shhh... We respectfully request cell phones and PDAs be turned off. It is for your peace of mind as well as those around you. As a courtesy to our guests, we ask that children not be brought to appointments. The minimum age for spa services is fifteen.

Appointment and Cancellation... Please book appointments one to two weeks in advance when possible. We request that appointments be held with a credit card, gift card or pre-paid credit. We require a 24-hour notice for date change or cancellation. A 50% fee will be charged if you cancel after this time period.

Gratuities... In appreciation of the staff for outstanding service, gratuities may be given at your discretion.

Gift Cards... Available in various denominations at AMOMI Spa or on our website.

Financing... Financing plans through Care Credit available to those who qualify.

