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THE PENINSULA BANGKOK NOW OFFERING MATERNITY MASSAGE

*New treatment designed for mothers and mothers-to-be,
offering a chance to unwind and reduce fatigue*

The Peninsula Bangkok has introduced a wonderful new massage designed specifically for pregnant and nursing mothers, to help them unwind and feel comforted during such a special time.

Performed by the experienced therapists at The Peninsula Spa by ESPA, the 1-hour-20-minute Maternity Massage uses advanced techniques which are safe and effective. The Maternity Massage helps alleviate backache, headache and neck and shoulder tension caused by muscle tightness and shifts in posture. Ultimately, it reduces fatigue and improves skin elasticity, helped by the use of nourishing oil during the treatment.

Cultural and anthropological studies show that massage and movement during pregnancy were and continue to be a prominent feature in the healthcare of numerous cultures over thousands of years. Indian Ayurvedic medical manuals detail therapists' instructions for rubbing specially formulated oils into pregnant patients' stretched abdominal skin. Traditional sculptures depict Eskimo fathers supporting and lovingly stroking their labouring wives' backs. In some Irish hospitals, labouring women are held and touched by a doula (labour assistant) or midwife through most of their notably short, uncomplicated labours. Throughout the centuries, the highly developed hands-on skills of the midwife have provided support and eased childbearing discomforts.

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THE PENINSULA

B A N G K O K

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The Peninsula Spa by ESPA offers a deeply personalised spa experience like nowhere else in Bangkok, located in the hotel's three-storey Thai-colonial building. The 19,000 sq ft (1,774 sq m) spa features 14 treatment rooms and four suites – two private spa suites and two river private spa suites – as well as a tea lounge and relaxation rooms, creating a full-service oasis in the heart of the city that is a spa destination in itself.

The Maternity Massage is priced at THB 3,800 plus tax and service charge. It is available daily between 09:00 am to 11:00 pm.

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About The Hongkong and Shanghai Hotels, Limited (HSH)

Incorporated in 1866 and listed on The Stock Exchange of Hong Kong (00045), HSH is the holding company of a Group which is engaged in the ownership, development and management of prestigious hotel, commercial and residential properties in key locations in Asia, the United States and Europe, as well as the provision of transport, club management and other services. The hotel portfolio of the Group comprises The Peninsula Hotels in Hong Kong, Shanghai, Beijing, New York, Chicago, Beverly Hills, Tokyo, Bangkok, Manila and Paris (opening in 2013). The property portfolio of the Group includes The Repulse Bay Complex, The Peak Tower and The Peak Tramways, St. John's Building, The Landmark in Ho Chi Minh City, Vietnam and the Thai Country Club in Bangkok, Thailand.

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