

## Spa Day For Mom

Written by Rachel Roland

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Rachel Roland is a mom on a mission - exploring beautiful Arizona (and beyond!) with her two little companions, Jeremiah and Sarah, in search of the best restaurants, attractions, and products for you and your children. See what she has in store for your family today!



Ask any mom - stay at home, work at home, or work outside the home - if she takes time for herself and she'll probably laugh. After she's done laughing, she'll most likely say, "Um, no. Not as much as I should." This Mother's Day, treat the special mom in your life to a very special and relaxing day at [Spa Lamar](#).

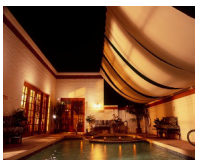


Yoga is not just a great workout - it's a great way to relax your mind and stretch your body to get you into the perfect mindset for a spa day. There is a great basic class from 9am-10:15am, which is facilitated by [Yoga Kamala](#), but is on the Spa Lamar property in beautiful, calm classroom. When I visited, a classmate told me that she thought the yoga classes at Spa Lamar were a great secret place to practice without being cramped. There were 5 of us in the Saturday class I attended - the first I've ever been to - and it was an excellent way to start my day at the spa. The classes are \$17 for a drop in, or you can purchase a pass to attend multiple classes.



After your yoga class, why not relax in the beautiful lounge area of the spa? There are great beverages - tea, coffee, iced tea, and of course, ice water, as well as tropical fruit to eat. You can also utilize the steam room, sauna, hot tub, and pool. It's a great way to spend the time between treatments and is a calm and relaxing environment to 'disconnect' - the lounge area is a designated 'cell phone free zone.'

You can, and should, spend the rest of the day utilizing the amazing treatments the Spa Lamar has to offer. A Therapeutic Massage, (\$100 for 55 minutes) is a simply amazing way to spend 55 minutes. You can relax and have your cares massaged away by a licensed therapist who will focus on specific area, if you request. In addition to massages, you can also have acupuncture, various nail treatments, and body wraps and scrubs.



While you're visiting, make sure you order lunch. Lunch is brought in from Jason's Deli, and brought to you at a time you request and wherever you'd like to eat. I ate poolside, in the shade, and it was a truly beautiful moment when I realized I didn't have to share my lunch, especially my cookie, with anyone! That was quite relaxing, to say the least.

They also offer facials at Spa Lamar, which I find more relaxing than even massages. Just ask the aesthetician who did my Lamar Oasis facial - where I managed to fall asleep not one, or two, but three times during the 55 minute experience. I think I needed the nap - but really, every time I have a facial, I fall asleep. My skin was beautiful and smooth and glowing after the experience.

So, do you need a day away? I'm pretty sure you do - and Spa Lamar is a great place to have that day away! [Spa Lamar](#) is located at 5115 North Scottsdale Rd in Scottsdale - it just a few blocks north of Fashion Square!

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I'm Rachel - a mom, wife, and 'green' blogger at [Small Steps On Our Journey](#). If you want me to come visit your place of business, have any questions on this article or suggestions for a future article, you can email me at [rroland@azfoothills.com](mailto:rroland@azfoothills.com) or tweet me at [@rachelroland](#).