

travel

# Discover the 8 Best Places for a Mother's Day Spa Date this year



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## The 8 best places for a mommy and me spa day this Mother's Day

Think spa services are just for adults? Think again. Kids are now part of the package, encouraged to splash, meditate, get massaged and more right next to mom.

While this may not sound appealing to some, to me, a mother of three who is always running around feeling as if she is never devoting enough time to one child or the others – or to herself – this concept feels like a godsend. Is a trip to a spa or nail salon together a way to find some relaxation *and* spend some quality time together? Perhaps it is.

The concept is nothing new. Historically, hot springs were communal, multi-generational gathering spots for indigenous cultures, and the Turkish hammam has long been a weekend family destination. In Eastern Europe, bringing kids to the bathhouse for a weekly ritual of scrubbing and soaking is common.



The best places for a mommy and me spa day this Mother's Day 2023, including spas in New York, Florida, California and Mexico.

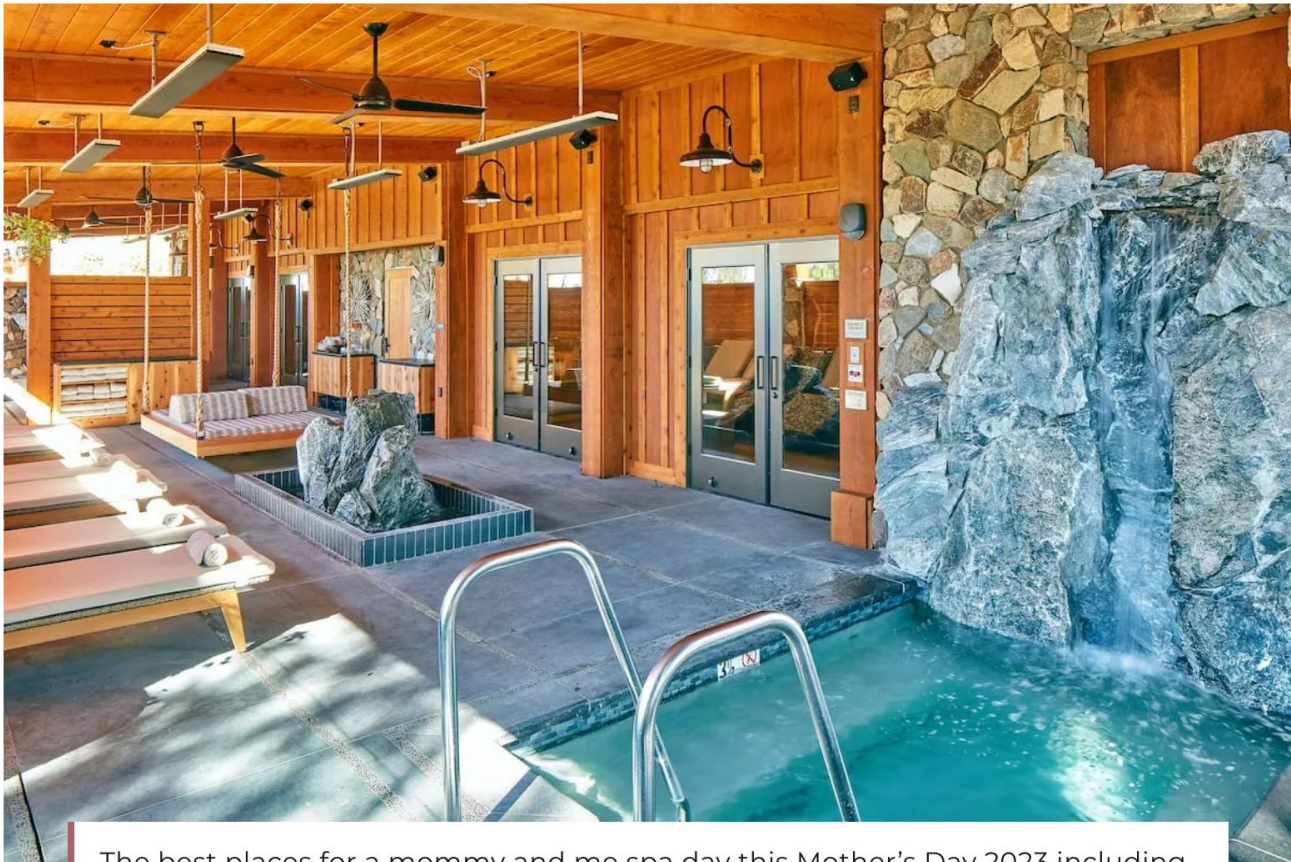
So with Mother's Day around the corner we thought it might be a good idea to explore which spas and salons are offering pint sized treatments. Because what better way could there be than to spend the day together relaxing and enjoying some rejuvenation while bonding? Plus it's never too early to teach them a thing or two about self care.

Here's 8 places head for a mommy and me spa day this Mother's Day and beyond:

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### 4. rush creek lodge yosemite

At the spa at the **Rush Creek Lodge** at Yosemite in California, families are invited to hop in the waterfall mineral hot tub, take a cool mist shower, relax in the sensory room and unwind in the warm waterfall coves during dedicated family days.



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