



## A Green & Stress Free Mother's Day

APRIL 30, 2014 NATHALIA ORQUERA



I asked Mommies to be, New Moms, Experienced Moms, Young moms and Older moms what they wanted as a Mother's day gift. They all agreed with one thing– They want pampering, they want a moment to themselves, a stress free day with the family, or some "ME time" – whether it is at a spa or at home with a mask on their face, a glass of wine, and a good book. Yes, jewelry, purses, and shoes were some of the coveted gifts, but nothing was as obvious as – "I need some time for myself"!

I gather some ideas for you to make Mom feel special and "nurtured" in the most eco-way possible:

**5- Gloss Nail Bar** is where luxury and glamour co-exist with an eco-friendly and organic lifestyle. You can choose from over 100 different nail lacquers that are non-toxic, vegan and cruelty-free (their soy-based nail polish remover is 100% biodegradable and petroleum-free). Go for the Gloss Sumptuous mani (\$30/35mins.) for an added organic sugar scrub massage or the Gloss Mister Pedi (\$40) for a revitalizing soak with lemongrass and tea tree oil. During the month of May get 10% off if you book two treatments for 2 people – take your mom or your favorite aunt! Gift Bags available too. Address: [214 Andalusia Ave, Coral Gables.](#)

Hope these ideas lead to that special day that all Moms deserve. Happy Mother's Day!

Live green,

Nathalia