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INSPIRING IDEAS FOR EVERYDAY

Best babymoos: Great trips for expectant moms

We polled friends, family and readers for the best vacations spots for expectant moms. Here's our mother-lode of dream trips for moms-to-be.

By Doug O'Neill

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Trident Hotel, Port Antonio, Jamaica: "Mello-Mama"

Picture this: You're in one of 13 individual villas that make up Trident Hotel. The exterior of this boutique property is Jamaican-Georgian, while the rooms are Danish Modern. There's a hip music-industry vibe to Port Antonio. The Whoopi Goldberg film "Clara's Heart" was filmed here. Awake each morning to the crashing surf and then enjoy your villa's outdoor soaking tub.

Great expectations: The "Mello-Mama" Prenatal Massage at the Trident Hotel is a gentle massage that promises to help "reduce anxiety and irritability, symptoms of depression, muscle aches and joint pains, feet swelling, improves circulation and increases mobility." Who could say no to that?

http://www.canadianliving.com/moms/pregnancy/best_babymoos__great_trips_for_expectant_moms.php#ss-94e85259-9078-4986-a381-28b7e5c5968c-slide-13