



### Massages

Swedish Massage	30min R 250	45min R 300	60min R 350
Deep Tissue Massage	30min R 300	45min R 350	60min R 450
Hot Stone Massage	30min R 300	45min R 350	60min R 450
Indian Head Massage	45min R 450		
Foot Reflexology	30min R 250		
Therapeutic Pressure Point (incl. lower leg)		45min R 300	
Sports Massage*	60min R 450		

### Hand & Foot Care

The Handshake Manicure	30min	R 70
MANicure	60min	R 155
The Sock Destroyer Pedicure (add on MediHeel for R70 extra)	30min	R 80
The Boss Pedicure (add on MediHeel for R70 extra)	60min	R 235

### Manscaping - Waxing

Ears or Nose	R 70	½ Leg	R 180
Toes or Fingers	R 50	¾ Leg	R 210
Guy Brows	R 70	Full Leg	R 250
Chest	R 260	Full Arm	R 190
Back	R 260	Underarm	R 105
Stomach	R 220	Facial Threading (per area)	R 70

### Facial & Body Treatments

Back-Up (Back Cleanse)	45min	R 350
Formula 1 Pitstop (Deep Cleanse Facial)	45min	R 350
The Royal Flush (Therapeutic Facial)	60min	R 425

### Packages

♥ Dude To Dad	R 610
Swedish Full Body Massage • Scalp Massage • The Boss Pedicure	
♥ Lad and Dad (2-12 years)	R 590
Swedish Back, Neck and Shoulder Massage • The Boss Pedicure	
♥ Give a Whoop-Whoop to Dad	R 880
Swedish Full Body Massage • The Royal Flush Facial • The Boss Pedicure	


\* Available at selected branches only



13 - 18 years

### Time Out Therapy

Game Over (Sports Massage)	60min	R 360
Stress Relieve (Full Body Massage)	60min	R 270
Back, Neck & Shoulder Massage	30min	R 180
BFF Duet Massage	60min	R 540
Teen Complexion Clarifying Facial	45min	R 260
Magical Manicure	60min	R 150
Sole Mate Pedicure	60min	R 200

 <b>ADD ON TO YOUR MANICURE OR PEDICURE</b>	Gelish	R 50
	French Polish	R 40
	Paraffin Dip	R 30
	Lash or Brow Tint	R 60
	Brow Shape	R 50



### DIY Baby Massage Course (6 weeks - 12 months)


We teach you how to massage your baby **R650**  
5 Week Course • Once a Week • 45min sessions

### Bambino Therapeutic Treat (6 weeks - 12 months)

We will massage your baby concentrating on baby's specific needs as identified by you **R150 per session**  
5 Sessions recommended • Once a Week • 60min sessions

### Pamper Party Packages (2 - 12 years)

Oohlala Pamper Party **R170 per child**  
Mini Mani • Mini Pedi • Foot Soak & Scrub  
Nail Art • Facial Mask • Cupcake & refreshment

 <b>ADD ON TO YOUR PAMPER PARTY</b>	Toe Ring	R 20
	Leg & Foot Massage	R 50
	Back Massage	R 70
	Face Paint	R 20
	Hair Up-style*	R 80

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# TREATMENT MENU

[www.mommywellness.co.za](http://www.mommywellness.co.za)

 Mommy Wellness Day Spa



### Mommy Wellness Specialized Treatments

👶 Bella Roze Pregnancy Massage	60min	R 500
👶 Oh Baby Massage	60min	R 480
Mommy's Time Out	60min	R 500
👶 Pregnancy Glow Facial	60min	R 425

### Mama Mio Body Treatments

👶 Mama Mio Massage	60min	R 550
👶 Lighten Up	30min	R 300

### Mama Mio High Intensity Treatments

Shrink to Fit	60min	R 910
Upper Body & Arm	45min	R 780
Get Waisted	60min	R 910

### The All Time Favourites

👶 Couples Massage (Preg massage R50 extra)	60min	R 750
Swedish Full Body Massage	60min	R 350
👶 Pure Stress Relief (Preg massage R50 extra)	30min	R 250
Reflexology	30min	R 250
Aroma Full Body Massage	60min	R 450
Hot Stone Therapy Massage	60min	R 450
👶 Indian Head Massage	45min	R 450
👶 Foot Massage	30min	R 160
Sports Massage*	60min	R 450

### Nimue Support Facial Treatments

👶 Deep Cleanse Treatment	45min	R 350
👶 Therapeutic Treatment	60min	R 425

### Nimue Rejuvenation Facial Treatments

👶 Active Rejuvenation Treatment	60min	R 590
<small>15% Bio-Active Complex</small>		

### Restore, Rejuvenate and Rebalance\*

30min Hydro Bath Session, 30min Snooze	R 250
followed by a Snack and Refreshment	per person
(add a 30min Back, Neck and Shoulder Massage for only R150 extra)	R 400
	per couple

\* Available at selected branches only

👶 Suitable for Pregnant Clients

### Nimue Advanced Rejuvenation Facial Treatments


👶 35% Glycolic Treatment	60min	R 690
👶 7.5% TCA Treatment	60min	R 750
👶 Nimue-SRC™ Hyperpigmented Skin Treatment	60min	R 690
👶 Nimue-SRC™ Problematic Skin Treatment	60min	R 690
👶 Nimue-SRC™ Environmentally Damaged Skin Treatment	60min	R 690
Specialized Rejuvenation Treatment		
Microneedling (6 treatment package)		R 5280
Microneedling (single treatment)		R 880

### Show Off Your Hands and Feet

Standard Manicure	60min	R 190
Deluxe Manicure	75min	R 250
Standard Pedicure	60min	R 245
Deluxe Pedicure	75min	R 300
File & Revarnish	30min	R 85

### Gelish

Gelish without Manicure or Pedicure	R 230
Gelish with Standard Manicure	R 325
Gelish with Standard Pedicure	R 340
Gelish with Deluxe Manicure	R 395
Gelish with Deluxe Pedicure	R 395
Soak Off with File & Buff	R 100

 <b>ADD ON TO YOUR MANICURE OR PEDICURE</b>	Vitagel	R 50
	French Polish	R 30
	French Gelish	R 40
	Soak Off	R 50



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### Waxing

Brows	R 70	½ Leg	R 170
Lip	R 70	¾ Leg	R 200
Chin	R 70	Full Leg	R 230
Nose	R 70	Upper Leg	R 185
Standard Bikini	R 115	½ Arm	R 110
C-Section Wax	R 190	Full Arm	R 155
Natural Birth Wax	R 240	Underarm	R 90

### Threading\*

Lip	R 60	Brows	R 70
Chin	R 60	Full Face	R 210

### Tinting

Eyelash Tint	R 60	Brow Shape	R 60
Eyebrow Tint	R 60	Lash & Brow	
Lash & Brow Combo	R 110	Tint and Shape	R 170

### Lash Extensions\*

Full Set	R 525	3 Week Fill	R 375
2 Week Fill	R 275	Lash Removal	R 120

### Lash Lift Treatment\*

Lash Lift Treatment including Eyelash Tint	R 450
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### 6D Microblading\*

Both Brows	R1400	Touch up	R 700
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### Uita Liberata Spray Tanning\*

Spray Tan Application only	R 400
Spray Tan Application with Full Body Exfoliation	R 500

### Packages

👶❤️ Mommy to Be	R 820
<small>Bella Roze Pregnancy Massage • Standard Manicure • Deluxe Pedicure (add on Gelish for only R50 extra)</small>	
👶❤️ Mother and Daughter Pamper (2-12 years)	R 500
<small>MOM: Foot Soak &amp; Scrub • Standard Pedicure • File &amp; Revarnish on Hands DAUGHTER: Foot Soak &amp; Scrub • Mini Manicure &amp; Pedicure • Facial Mask (includes coffee or tea and cake)</small>	
👶❤️ Mother and Daughter Pamper (13+ years)	R 685
<small>Pure Stress Relief Massage • Standard Pedicure (includes coffee or tea and cake) (Pregnancy Massage R50 extra)</small>	

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