



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 <small>(add on MediHeel for R70 extra)</small>	30min	R 80
The Boss Pedicure <small>(add on MediHeel for R70 extra)</small>	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 <small>(per area)</small>	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
<small>Swedish Full Body Massage • Scalp Massage • The Boss Pedicure</small>	
♥ Lad and Dad (2-12 years)	R 590
<small>Swedish Back, Neck and Shoulder Massage • The Boss Pedicure</small>	
♥ Give a Whoop-Whoop to Dad	R 880
<small>Swedish Full Body Massage • The Royal Flush Facial • The Boss Pedicure</small>	


* 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

 ADD ON TO YOUR MANICURE OR PEDICURE	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

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

* Available at selected branches only



TREATMENT MENU

www.mommywellness.co.za

 Mommy Wellness Day Spa



Bella Roze Specialized Treatments

👶 Bella Roze Pregnancy Massage	60min	R 500
👶 Oh Baby Massage	60min	R 480
Mommy's Time Out	60min	R 500
👶 Quench My Thirsty Skin Body Wrap (full body)	90min	R 500
👶 Quench My Thirsty Skin Body Wrap (spot body)	45min	R 350
Mellow Out Body Wrap (full body)	90min	R 500
Dimple Depleting Body Wrap (spot body)	45min	R 400
ReSet Body Wrap (full body)	90min	R 600
ReSet Body Wrap (spot body)	45min	R 400
👶 Boogie Legs Lower Leg & Foot Treatment	45min	R 300

• Add a Full Body Massage for only R100 extra

Restore, Rejuvenate and Rebalance*

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

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



BUMP LOVE

Pregnancy safe Facial and Body Treatments are indicated with our **Pregnancy Approved** symbol (👶).
 All Manicures, Pedicures and Grooming (excluding Microblading) is
100% PREGNANCY SAFE

* Available at selected branches only

Nimue Support Facial Treatments

👶 Pregnancy Glow Facial	60min	R 425
👶 Deep Cleanse Treatment	45min	R 350
👶 Therapeutic Treatment	60min	R 425

Nimue Rejuvenation Facial Treatments

👶 Active Rejuvenation Treatment	60min	R 590
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15% Bio-Active Complex

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

 ADD ON TO YOUR MANICURE OR PEDICURE	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
Eye Brow 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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Vita Liberata Spray Tanning*

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

Packages

👶 Mommy to Be	R 820
Bella Roze Pregnancy Massage • Standard Manicure • Deluxe Pedicure ♥ add on Gelish for only R50 extra	
👶 Mother and Daughter Pamper (2-12 years)	R 500
MOM: Foot Soak & Scrub • Standard Pedicure • File & Revarnish on Hands DAUGHTER: Foot Soak & Scrub • Mini Manicure & Pedicure • Facial Mask ♥ includes coffee or tea and cake	
👶 Mother and Daughter Pamper (13+ years)	R 685
Pure Stress Relief Massage • Standard Pedicure ♥ includes coffee or tea and cake ♥ Pregnancy Massage R50 extra	
👶 Just Relax	R 475

Destress Back Massage • Aromatic Scalp Massage
 Hot Stone Deluxe Pedicure (no hot stones if pregnant)
 ♥ includes coffee or tea and cake ♥ Pregnancy Massage R50 extra
 ♥ add on Gelish for only R50 extra ♥ Full Body Massage R75 extra



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