



Massages

Swedish Massage	30min N\$ 290	45min N\$ 345	60min N\$ 400
Deep Tissue Massage	30min N\$ 345	45min N\$ 400	60min N\$ 520
Hot Stone Massage	30min N\$ 345	45min N\$ 400	60min N\$ 520
Indian Head Massage	45min N\$ 520		
Foot Reflexology	30min N\$ 290		
Therapeutic Pressure Point (incl. lower leg)		45min N\$ 345	
Sports Massage*	60min N\$ 520		

Hand & Foot Care

The Handshake Manicure	30min	N\$ 80
MANICURE	60min	N\$ 180
The Sock Destroyer Pedicure	30min	N\$ 90
<small>(add on MediHeel for N\$70 extra)</small>		
The Boss Pedicure	60min	N\$ 280
<small>(add on MediHeel for N\$70 extra)</small>		

Manscaping - Waxing

Ears or Nose	N\$ 80	½ Leg	N\$200
Toes or Fingers	N\$ 60	¾ Leg	N\$240
Guy Brows	N\$ 80	Full Leg	N\$290
Chest	N\$300	Full Arm	N\$220
Back	N\$300	Underarm	N\$120
Stomach	N\$250	Facial Threading	N\$ 80
		<small>(per area)</small>	

Facial & Body Treatments

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

Packages

♥ Dude To Dad	N\$ 700
<small>Swedish Full Body Massage • Scalp Massage • The Boss Pedicure</small>	
♥ Lad and Dad (2-12 years)	N\$ 680
<small>Swedish Back, Neck and Shoulder Massage • The Boss Pedicure</small>	
♥ Give a Whoop-Whoop to Dad	N\$ 960
<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	N\$ 410
Stress Relieve (Full Body Massage)	60min	N\$ 310
Back, Neck & Shoulder Massage	30min	N\$ 210
BFF Duet Massage	60min	N\$ 620
Teen Complexion Clarifying Facial	45min	N\$ 300
Magical Manicure	60min	N\$ 170
Sole Mate Pedicure	60min	N\$ 230

ADD ON TO YOUR MANICURE OR PEDICURE	Gelish	N\$ 60
	French Polish	N\$ 35
	Paraffin Dip	N\$ 30
	Lash or Brow Tint	N\$ 70
	Brow Shape	N\$ 60



DIY Baby Massage Course (6 weeks - 12 months)

We teach you how to massage your baby **N\$750**
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 **N\$170 per session**
5 Sessions recommended • Once a Week • 60min sessions

Pamper Party Packages (2 - 12 years)

Oohlala Pamper Party **N\$195 per child**
Mini Mani • Mini Pedi • Foot Soak & Scrub
 Nail Art • Facial Mask • Cupcake & refreshment

ADD ON TO YOUR PAMPER PARTY	Toe Ring	N\$ 25
	Leg & Foot Massage	N\$ 60
	Back Massage	N\$ 80
	Face Paint	N\$ 25
	Hair Up-style*	N\$ 90

* Available at selected branches only



TREATMENT MENU

Windhoek

Shop 15 | Mega Centre
 Hilltop Estate | Kleine Kuppe
 windhoek@mommywellness.co.za
 tel 061 308 048

www.mommywellness.co.za

Mommy Wellness Day Spa



Bella Roze Specialized Treatments

👶 Bella Roze Pregnancy Massage	60min	N\$ 550
👶 Oh Baby Massage	60min	N\$ 510
👶 Mommy's Time Out	60min	N\$ 550
👶 Quench My Thirsty Skin Body Wrap (full body)	90min	N\$ 575
👶 Quench My Thirsty Skin Body Wrap (spot body)	45min	N\$ 400
👶 Mellow Out Body Wrap (full body)	90min	N\$ 575
👶 Dimple Depleting Body Wrap (spot body)	45min	N\$ 460
👶 ReSet Body Wrap (full body)	90min	N\$ 690
👶 ReSet Body Wrap (spot body)	45min	N\$ 460
👶 Boogie Legs Lower Leg & Foot Treatment	45min	N\$ 350

• Add a Full Body Massage for only N\$100 extra

Restore, Rejuvenate and Rebalance*

30min Hydro Bath Session, 30min Snooze followed by a Snack and Refreshment N\$ 150
(add a 30min Back, Neck and Shoulder Massage for only N\$150 extra)

The All Time Favourites

👶 Couples Massage (Preg massage N\$50 extra)	60min	N\$ 860
👶 Swedish Full Body Massage	60min	N\$ 400
👶 Pure Stress Relief (Preg massage N\$50 extra)	30min	N\$ 290
👶 Reflexology	30min	N\$ 290
👶 Aroma Full Body Massage	60min	N\$ 520
👶 Hot Stone Therapy Massage	60min	N\$ 520
👶 Indian Head Massage	45min	N\$ 520
👶 Foot Massage	30min	N\$ 180
👶 Sports Massage*	60min	N\$ 520



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	N\$ 425
👶 Deep Cleanse Treatment	45min	N\$ 350
👶 Therapeutic Treatment	60min	N\$ 425

Nimue Rejuvenation Facial Treatments

👶 Active Rejuvenation Treatment	60min	N\$ 590
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15% Bio-Active Complex

Nimue Advanced Rejuvenation Facial Treatments

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

Show Off Your Hands and Feet

Standard Manicure	60min	N\$ 220
Deluxe Manicure	75min	N\$ 290
Standard Pedicure	60min	N\$ 280
Deluxe Pedicure	75min	N\$ 345
File & Revarnish	30min	N\$ 95

Gelish

Gelish without Manicure or Pedicure	N\$ 265
Gelish with Standard Manicure	N\$ 370
Gelish with Standard Pedicure	N\$ 390
Gelish with Deluxe Manicure	N\$ 450
Gelish with Deluxe Pedicure	N\$ 450
Soak Off with File & Buff	N\$ 115



ADD ON TO YOUR MANICURE OR PEDICURE

Vitagel	N\$ 60
French Polish	N\$ 35
French Gelish	N\$ 45
Soak Off	N\$ 60

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Waxing

Brows	N\$ 80	½ Leg	N\$ 190
Lip	N\$ 80	¾ Leg	N\$ 230
Chin	N\$ 80	Full Leg	N\$ 260
Nose	N\$ 80	Upper Leg	N\$ 210
Standard Bikini	N\$ 130	½ Arm	N\$ 125
C-Section Wax	N\$ 210	Full Arm	N\$ 180
Natural Birth Wax	N\$ 270	Underarm	N\$ 100

Threading*

Lip	N\$ 70	Brows	N\$ 80
Chin	N\$ 70	Full Face	N\$ 240

Tinting

Eyelash Tint	N\$ 70	Brow Shape	N\$ 70
Eyebrow Tint	N\$ 70	Lash & Brow	
Lash & Brow Combo	N\$120	Tint and Shape	N\$200

Lash Extensions*

Full Set	N\$600	3 Week Fill	N\$430
2 Week Fill	N\$320	Lash Removal	N\$140

Lash Lift Treatment*

Lash Lift Treatment including Eyelash Tint	N\$500
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6D Microblading*

Both Brows	N\$1400	Touch up	N\$700
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Packages

👶 Mommy to Be	N\$940
Bella Roze Pregnancy Massage • Standard Manicure • Deluxe Pedicure ♥ add on Gelish for only N\$50 extra	
👶 Mother and Daughter Pamper (2-12 years)	N\$570
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)	N\$790
Pure Stress Relief Massage • Standard Pedicure ♥ includes coffee or tea and cake ♥ Pregnancy Massage N\$50 extra	
👶 Just Relax	N\$525
Destress Back Massage • Aromatic Scalp Massage Hot Stone Deluxe Pedicure (no hot stones if pregnant) ♥ includes coffee or tea and cake ♥ Pregnancy Massage N\$50 extra ♥ add on Gelish for only N\$50 extra ♥ Full Body Massage N\$75 extra	



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