



### Massages

Swedish Massage	30min N\$ 305	45min N\$ 360	60min N\$ 420
Deep Tissue Massage	30min N\$ 360	45min N\$ 420	60min N\$ 550
Hot Stone Massage	30min N\$ 360	45min N\$ 420	60min N\$ 550
Indian Head Massage	45min N\$ 550		
Foot Reflexology	30min N\$ 305		
Therapeutic Pressure Point (includes lower leg)	45min N\$ 360		
Sports Massage*	60min N\$ 550		

### Hand & Foot Care

The Handshake Manicure	30min	N\$ 85
MANicure	60min	N\$ 190
The Sock Destroyer Pedicure (add on MediHeel for N\$80 extra)	30min	N\$ 95
The Boss Pedicure (add on MediHeel for N\$80 extra)	60min	N\$ 295

### Manscaping - Waxing

Ears or Nose	N\$ 90	½ Leg	N\$220
Toes or Fingers	N\$ 65	¾ Leg	N\$260
Guy Brows	N\$ 90	Full Leg	N\$310
Chest	N\$320	Full Arm	N\$240
Back	N\$320	Underarm	N\$130
Stomach	N\$270	Facial Threading (per area)	N\$ 90

### Facial & Body Treatments

Formula 1 Pitstop (Deep Cleanse Facial)	45min	N\$ 380
The Royal Flush (Therapeutic Facial)	60min	N\$ 460

### Packages

♥ Dude To Dad	N\$ 740
Swedish Full Body Massage • Scalp Massage • The Boss Pedicure	
♥ Lad and Dad (2-12 years)	N\$ 720
Swedish Back, Neck and Shoulder Massage • The Boss Pedicure	
♥ Give a Whoop-Whoop to Dad	N\$ 1020
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	N\$ 430
Stress Relieve (Full Body Massage)	60min	N\$ 330
Back, Neck & Shoulder Massage	30min	N\$ 220
BFF Duet Massage	60min	N\$ 660
Teen Complexion Clarifying Facial	45min	N\$ 350
Magical Manicure	60min	N\$ 180
Sole Mate Pedicure	60min	N\$ 240

<b>ADD ON TO YOUR MANICURE OR PEDICURE</b>	Gel	N\$ 65
	French Polish	N\$ 40
	Paraffin Dip	N\$ 40
	Lash or Brow Tint	N\$ 80
	Brow Shape	N\$ 65



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

We teach you how to massage your baby **N\$800**  
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\$180 per session**  
5 Sessions recommended • Once a Week • 60min sessions

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

Oohlala Pamper Party **N\$205 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	N\$ 30
	Leg & Foot Massage	N\$ 65
	Back Massage	N\$ 85
	Face Paint	N\$ 30
	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](http://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\$ 525
👶 Quench My Thirsty Skin Body Wrap (spot body)	45min	N\$ 370
👶 Mellow Out Body Wrap (full body)	90min	N\$ 525
👶 Dimple Depleting Body Wrap (spot body)	45min	N\$ 420
👶 ReSet Body Wrap (full body)	90min	N\$ 630
👶 ReSet Body Wrap (spot body)	45min	N\$ 420
👶 Boogie Legs Lower Leg & Foot Treatment	45min	N\$ 350

• Add a Full Body Massage for only N\$200 extra

### The All Time Favourites

👶 Couples Massage (Preg massage N\$50 extra)	60min	N\$ 950
👶 Swedish Full Body Massage	60min	N\$ 420
👶 Pure Stress Relief	30min	N\$ 305
👶 Pregnancy Pure Stress Relief	30min	N\$ 355
👶 Reflexology	30min	N\$ 305
👶 Aroma Full Body Massage	60min	N\$ 550
👶 Hot Stone Therapy Massage	60min	N\$ 550
👶 Indian Head Massage	45min	N\$ 550
👶 Sports Massage*	60min	N\$ 550



## 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\$ 460
👶 Deep Cleanse Treatment	45min	N\$ 380
👶 Therapeutic Treatment	60min	N\$ 460

### Nimue Rejuvenation Facial Treatments

👶 Active Rejuvenation Treatment	60min	N\$ 635
---------------------------------	-------	---------

15% Bio-Active Complex

### Nimue Advanced Rejuvenation Facial Treatments

👶 35% Glycolic Treatment	60min	N\$ 750
👶 7.5% TCA Treatment	60min	N\$ 810
👶 Nimue-SRC™ Hyperpigmented Skin Treatment	60min	N\$ 750
👶 Nimue-SRC™ Problematic Skin Treatment	60min	N\$ 750
👶 Nimue-SRC™ Environmentally Damaged Skin Treatment	60min	N\$ 750

### Specialized Rejuvenation Treatment

Microneedling (6 treatment package)	N\$5700
-------------------------------------	---------

### Show Off Your Hands and Feet

Standard Manicure	60min	N\$ 230
Deluxe Manicure	75min	N\$ 310
Standard Pedicure	60min	N\$ 295
Deluxe Pedicure	75min	N\$ 370
File & Revarnish	30min	N\$ 100
Hand or Foot Massage	30min	N\$ 190

### Gel

Gel without Manicure or Pedicure	N\$ 280
Gel with Standard Manicure	N\$ 390
Gel with Standard Pedicure	N\$ 410
Gel with Deluxe Manicure	N\$ 470
Gel with Deluxe Pedicure	N\$ 470
Soak Off with File & Buff	N\$ 120

<b>+</b> ADD ON TO YOUR MANICURE OR PEDICURE	Vitagel	N\$ 65
	French Polish	N\$ 40
	French Gel	N\$ 50
	Soak Off	N\$ 65

\* Available at selected branches only

### Waxing

Brows	N\$ 90	½ Leg	N\$ 205
Lip	N\$ 90	¾ Leg	N\$ 250
Chin	N\$ 90	Full Leg	N\$ 280
Nose	N\$ 90	Upper Leg	N\$ 230
Standard Bikini	N\$ 140	½ Arm	N\$ 135
C-Section Wax	N\$ 230	Full Arm	N\$ 190
Natural Birth Wax	N\$ 290	Underarm	N\$ 110

### Threading\*

Lip	N\$ 75	Brows	N\$ 90
Chin	N\$ 75	Full Face	N\$ 260

### Tinting

Eyelash Tint	N\$ 75	Brow Shape	N\$ 75
Eyebrow Tint	N\$ 75	Lash & Brow	
Lash & Brow Combo	N\$130	Tint and Shape	N\$220

### Lash Extensions\*

Full Set	N\$630	3 Week Fill	N\$450
2 Week Fill	N\$340	Lash Removal	N\$150

### Lash Lift Treatment\*

Lash Lift Treatment including Eyelash Tint	N\$540
--	--------

### 6D Microblading\*

Both Brows	N\$1470	Touch up	N\$740
------------	---------	----------	--------

### Packages

👶 Mommy to Be	N\$970
Bella Roze Pregnancy Massage • Standard Manicure • Deluxe Pedicure ♥ add on Gelish for only N\$50 extra	
👶 Mother and Daughter Pamper (2-12 years)	N\$600
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\$840
Pure Stress Relief Massage • Standard Pedicure ♥ includes coffee or tea and cake ♥ Pregnancy Massage N\$50 extra	
👶 Just Relax	N\$600
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	



\* Available at selected branches only