



### Massages

Swedish Massage	30min	R 260	45min	R 320	60min	R 370
Deep Tissue Massage	30min	R 320	45min	R 370	60min	R 470
Hot Stone Massage	30min	R 320	45min	R 370	60min	R 470
Indian Head Massage	45min	R 470				
Foot Reflexology	30min	R 260				
Therapeutic Pressure Point (includes lower leg)	45min	R 320				
Sports Massage*	60min	R 470				

### Hand & Foot Care

The Handshake Manicure	30min	R 75
MANICURE	60min	R 160
The Sock Destroyer Pedicure (add on MediHeel for R80 extra)	30min	R 85
The Boss Pedicure (add on MediHeel for R80 extra)	60min	R 250

### Manscaping - Waxing

Ears or Nose	R 75	½ Leg	R 195
Toes or Fingers	R 55	¾ Leg	R 230
Guy Brows	R 75	Full Leg	R 270
Chest	R 280	Full Arm	R 210
Back	R 280	Underarm	R 115
Stomach	R 240	Facial Threading (per area)	R 75

### Facial & Body Treatments

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

### Packages

♥ <b>Dude To Dad</b>	R 650
Swedish Full Body Massage • Scalp Massage • The Boss Pedicure	
♥ <b>Lad and Dad (2-12 years)</b>	R 630
Swedish Back, Neck and Shoulder Massage • The Boss Pedicure	
♥ <b>Give a Whoop-Whoop to Dad</b>	R 940
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 380
Stress Relieve (Full Body Massage)	60min	R 285
Back, Neck & Shoulder Massage	30min	R 190
BFF Duet Massage	60min	R 570
Teen Complexion Clarifying Facial	45min	R 350
Magical Manicure	60min	R 160
Sole Mate Pedicure	60min	R 210

<b>ADD ON TO YOUR MANICURE OR PEDICURE</b>	Gel	R 55
	French Polish	R 45
	Paraffin Dip	R 40
	Lash or Brow Tint	R 65
	Brow Shape	R 55



**Nanny Services**  
AVAILABLE WHILE MOMMY & DADDY ENJOY THEIR TIME OUT  
R30 per hour per child

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

We teach you how to massage your baby **R700**  
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 **R160 per session**  
5 Sessions recommended • Once a Week • 60min sessions

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

Oohlala Pamper Party **R185 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 30
	Leg & Foot Massage	R 55
	Back Massage	R 75
	Face Paint	R 30
	Hair Up-style*	R 90

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# TREATMENT MENU

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

Mommy Wellness Day Spa



### Bella Roze Specialized Treatments

♣ Bella Roze Pregnancy Massage	60min	R 525
♣ Oh Baby Massage	60min	R 500
Mommy's Time Out	60min	R 525
♣ Quench My Thirsty Skin Body Wrap (full body)	90min	R 525
♣ Quench My Thirsty Skin Body Wrap (spot body)	45min	R 370
Mellow Out Body Wrap (full body)	90min	R 525
Dimple Depleting Body Wrap (spot body)	45min	R 420
ReSet Body Wrap (full body)	90min	R 630
ReSet Body Wrap (spot body)	45min	R 420
♣ Boogie Legs Lower Leg & Foot Treatment	45min	R 315

### Restore, Rejuvenate and Rebalance\*

30min Hydro Bath Session, 30min Snooze followed by a Snack and Refreshment **R 280 per person**  
(add a 30min Back, Neck and Shoulder Massage for only R150 extra) **R 460 per couple**

### The All Time Favourites

♣ Couples Massage (Preg massage R50 extra)	60min	R 800
Swedish Full Body Massage	60min	R 370
Pure Stress Relief	30min	R 260
♣ Pregnancy Pure Stress Relief	30min	R 310
Reflexology	30min	R 260
Aroma Full Body Massage	60min	R 470
Hot Stone Therapy Massage	60min	R 470
♣ Indian Head Massage	45min	R 470
Sports Massage*	60min	R 470



## 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 460
♣ Deep Cleanse Treatment	45min	R 380
♣ Therapeutic Treatment	60min	R 460

### Nimue Rejuvenation Facial Treatments

♣ Active Rejuvenation Treatment (15% Bio-Active Complex)	60min	R 635
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### Nimue Advanced Rejuvenation Facial Treatments

♣ 35% Glycolic Treatment	60min	R 750
♣ 7.5% TCA Treatment	60min	R 810
♣ Nimue-SRC™ Hyperpigmented Skin Treatment	60min	R 750
♣ Nimue-SRC™ Problematic Skin Treatment	60min	R 750
♣ Nimue-SRC™ Environmentally Damaged Skin Treatment	60min	R 750

### Specialized Rejuvenation Treatment

Microneedling (6 treatment package) **R5700**

### Show Off Your Hands and Feet

Standard Manicure	60min	R 200
Deluxe Manicure	75min	R 270
Standard Pedicure	60min	R 260
Deluxe Pedicure	75min	R 325
File & Revamish	30min	R 90
Hand or Foot Massage	30min	R 170

### Gel

Gel without Manicure or Pedicure	R 240
Gel with Standard Manicure	R 340
Gel with Standard Pedicure	R 360
Gel with Deluxe Manicure	R 415
Gel with Deluxe Pedicure	R 415
Soak Off with File & Buff	R 110

<b>ADD ON TO YOUR MANICURE OR PEDICURE</b>	Uitagel	R 55
	French Polish	R 35
	French Gel	R 45
	Soak Off	R 55

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### Waxing

Brows	R 75	½ Leg	R 180
Lip	R 75	¾ Leg	R 220
Chin	R 75	Full Leg	R 250
Nose	R 75	Upper Leg	R 200
Standard Bikini	R 125	½ Arm	R 120
C-Section Wax	R 205	Full Arm	R 170
Natural Birth Wax	R 260	Underarm	R 100

### Threading\*

Lip	R 65	Brows	R 75
Chin	R 65	Full Face	R 230

### Tinting

Eyelash Tint	R 65	Brow Shape	R 65
Eyebrow Tint	R 65	Lash & Brow	
Lash & Brow Combo	R 120	Tint and Shape	R 180

### Lash Extensions\*

Full Set	R 550	3 Week Fill	R 400
2 Week Fill	R 300	Lash Removal	R 130

### Lash Lift Treatment\*

Lash Lift Treatment including Eyelash Tint **R 490**

### 6D Microblading\*

Both Brows **R1470** Touch up **R 740**

### Vita Liberata Spray Tanning\*

Spray Tan Application only **R 430**  
Spray Tan Application with Full Body Exfoliation **R 530**

### Packages ♥ All the below packages include coffee/tea and a sweet treat

♣ <b>Mommy to Be</b>	R 870
Bella Roze Pregnancy Massage • Standard Manicure • Deluxe Pedicure ♥ Add on Gel for only R55 extra	
♣ <b>Mother and Daughter Pamper (2-12 years)</b>	R 530
MOM: Foot Soak & Scrub • Standard Pedicure • File & Revamish on Hands DAUGHTER: Foot Soak & Scrub • Mini Manicure & Pedicure • Facial Mask	
♣ <b>Mother and Daughter Pamper (13+ years)</b>	R 730
Pure Stress Relief Massage • Standard Pedicure ♥ Pregnancy Massage R50 extra	
♣ <b>Just Relax</b>	R 550
Destress Back Massage • Aromatic Scalp Massage Hot Stone Deluxe Pedicure (no hot stones if pregnant) ♥ Add on Gel for only R55 extra ♥ Pregnancy Massage R50 extra ♥ Full Body Massage R75 extra	



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