



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

ADD ON TO YOUR MANICURE OR PEDICURE	Gel	N\$ 55
	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

ADD ON TO YOUR PAMPER PARTY	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

Facebook 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 15% Bio-Active Complex	60min	N\$ 635
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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 & Revamish	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

ADD ON TO YOUR MANICURE OR PEDICURE	Uitagel	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
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Packages ♥ All the below packages include coffee/tea and a sweet treat

♣ Mommy to Be	N\$970
Bella Roze Pregnancy Massage • Standard Manicure • Deluxe Pedicure ♥ Add on Gel for only N\$55 extra	
♣ Mother and Daughter Pamper (2-12 years)	N\$600
MOM: Foot Soak & Scrub • Standard Pedicure • File & Revamish on Hands DAUGHTER: Foot Soak & Scrub • Mini Manicure & Pedicure • Facial Mask	
♣ Mother and Daughter Pamper (13+ years)	N\$840
Pure Stress Relief Massage • Standard Pedicure ♥ Pregnancy Massage N\$50 extra	
♣ Just Relax	N\$600
Destress Back Massage • Aromatic Scalp Massage Hot Stone Deluxe Pedicure (no hot stones if pregnant) ♥ Add on Gel for only N\$55 extra ♥ Pregnancy Massage N\$50 extra ♥ Full Body Massage N\$75 extra	



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