



### TIME OUT THERAPY

Swedish Massage	30min R 310	45min R 380	60min R 440
Deep Tissue Massage	30min R 380	45min R 440	60min R 550
Hot Stone Massage	30min R 350	45min R 440	60min R 550
Indian Head Massage		45min R 550	
Foot Reflexology	30min R 310		
Therapeutic Pressure Point	Includes Lower Leg		45min R 380
Sports Massage*			60min R 550

### HAND & FOOT CARE

The Handshake Manicure <i>Buff, File and Cuticle Work</i>	30min R 90
MANicure <i>Soak, Scrub, File, Buff, Cuticle Work and Hand &amp; Lower Arm Massage</i>	60min R 200
The Sock Destroyer Pedicure <i>Buff, File and Cuticle Work or Foot Filing</i>	30min R 105
The Boss Pedicure <i>Soak, Scrub, File, Buff, Cuticle Work, Shining and Foot &amp; Lower Leg Massage</i>	60min R 300
Footlogix Medi Pedi	45min R 330

### MANSCAPING - WAXING

Ears or Nose	R 90	1/2 Leg	R 240
Toes or Fingers	R 70	3/4 Leg	R 290
Guy Brows	R 95	Full Leg	R 330
Chest	R 340	Full Arm	R 260
Back	R 340	Underarm	R 140
Stomach	R 300	Facial Threading   Per Area	R 90

### FACIAL TREATMENTS

Formula 1 Pitstop <i>Deep Cleanse Facial</i>	45min R 460
The Royal Flush <i>Therapeutic Facial</i>	60min R 550

### PAMPER PACKAGES

<b>Dude to Dad</b> <i>Swedish Full Body Massage + Scalp Massage + The Boss Pedicure</i>	R 770
<b>Lad and Dad 2 - 12 years</b> <i>Swedish Back, Neck and Shoulder Massage + The Boss Pedicure</i>	R 550
<b>Give a Whoop-Whoop to Dad</b> <i>Swedish Full Body Massage + The Royal Flush Facial + The Boss Pedicure</i>	R1050

### +ADD ON to any Pedicure or Package

Footlogix extra R100

\*available at selected branches only



### TIME OUT THERAPY

Game Over Massage   <i>Sports Massage</i>	60min R 450
Stress Relieve Massage   <i>Full Body Massage</i>	60min R 340
Back, Neck and Shoulder Massage	30min R 230
BFF Duet Massage	60min R 680
Teen Complexion Clarifying Facial	45min R 420
Magical Manicure	60min R 190
Sole Mate Pedicure	60min R 250
Express Manicure or Pedicure	30min R 110
Focus Therapy   <i>Once a week; Includes Home Care Product</i>	20min R 150

### TEEN PAMPER PACKAGES

Magical Moments   <i>Back Massage + Magical Manicure</i>	R 340
Destress My Sole   <i>Stress Relieve Massage + Sole Mate Pedicure</i>	R 450
Ready Set Go   <i>Back Massage + Magical Manicure + Sole Mate Pedicure</i>	R 500
Ultimate Teen Treat   <i>Magical Manicure + Sole Mate Pedicure + Teen Complexion Clarifying Facial + Stress Relieve Massage</i>	R 890

### +ADD ON to your Mani, Pedi or Teen Pamper Package

Gel extra R70 | French Polish extra R60 | Paraffin Dip extra R50  
Lash or Brow Tint extra R80 | Brow Shape extra R80 | Gel Soak Off extra R130



### +we offer nanny services

Make use of our in-salon **NANNY SERVICES** to look after your little ones while you are having a relaxing treatment!  
R45 per child per hour | booking essential

### DIY BABY MASSAGE COURSE 6 weeks - 12 months

We teach you how to massage your baby R 850  
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 R 200 per session  
5 Sessions Recommended | Once a Week | 60min Sessions

### PAMPER WITH PALS 2 - 12 years

A pamper session with your best pals R 230 per child  
Mini Mani + Mini Pedi + Foot Soak and Scrub + Facial Mask + **FREE** gift for each child

### +ADD ON to your Pamper with Pals

Toe Ring extra R40 | Leg and Foot Massage extra R70 | Back Massage extra R95  
Face Paint extra R40 | Hair Up-Style\* extra R120

\*available at selected branches only



# TREATMENT MENU



### HEAD OFFICE

Suite 9 | c/o Paul Kruger & Hibiscus Street  
email [info@mommywellness.co.za](mailto:info@mommywellness.co.za)  
tel 021 976 3174

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



## BELLA ROZE SPECIALIZED TREATMENTS

👶 Pregnancy Massage	60min	R 630
👶 Oh Baby Massage	60min	R 600
Mommy's Time Out	60min	R 630
👶 Body Wraps   <i>Enquire with your therapist about our selection</i>		POR
👶 Boogie Legs Lower Leg & Foot Treatment	45min	R 380
👶 Full Body Exfoliation	45min	R 330

Add a Full Body Massage to any BELLA ROZE BODY WRAPS for only R200 extra

## THE ALL TIME FAVOURITES

👶 Couples Massage   <i>Pregnancy Massage R60 extra</i>	60min	R 950
Swedish Full Body Massage	60min	R 450
Swedish Full Body Massage	90min	R 670
👶 Pure Stress Relief Massage   <i>Pregnancy Massage R60 extra</i>	30min	R 320
👶 Scalp Massage	30min	R 320
Reflexology	30min	R 320
Aroma Full Body Massage	60min	R 550
Hot Stone Therapy Massage	60min	R 550
👶 Indian Head Massage	45min	R 550
Sports Massage*	60min	R 550
Manual Lymph Drainage*    30min R 290    45min R 430	60min	R 550

## PAMPER PACKAGES

👶 Mommy to Be	R1020
<i>Bella Roze Pregnancy Massage + Standard Manicure + Deluxe Pedicure + Coffee/Tea and a Treat Add on Gel for only R70 extra</i>	
👶 Mother and Daughter Pamper 2 - 12 years	R 630
<i>Mom: Foot Soak &amp; Scrub + Standard Pedicure + File &amp; Revanish on Hands + Coffee/Tea Daughter: Foot Soak and Scrub + Mini Manicure and Pedicure + Facial Mask + FREE Gift</i>	
👶 Mother and Daughter Pamper 13+ years	R 870
<i>Pure Stress Relief Massage + Standard Pedicure + Snack for Mom and FREE Gift for Daughter Upgrade to Pregnancy Massage for only R60 extra</i>	
👶 Just Relax	R 650
<i>Destress Back Massage + Aromatic Scalp Massage + Hot Stone Deluxe Pedicure (no hot stones if pregnant) + Coffee/Tea and a Treat Upgrade to Pregnancy Massage for only R60 extra or Add on Gel for only R70 extra or Upgrade to Full Body Massage for only R120 extra</i>	



## TRIMESTER PACKAGES

1st Trimester Package + FREE Bella Roze Baby Bump Butter Retail Product <i>Pregnancy Glow Facial + Deluxe Pedicure</i>	R 950
2nd Trimester Package + FREE Bella Roze Hair Oil Retail Product <i>Pregnancy Glow Facial + Oh Baby Massage + Quench My Thirsty Skin Body Wrap</i>	R1440
3rd Trimester Package + FREE Bella Roze Boogie Legs Retail Product <i>Pregnancy Glow Facial + Bella Roze Pregnancy Massage + Bella Roze Boogie Legs Lower Leg and Foot Treatment</i>	R1450

\*available at selected branches only

## NIMUE SUPPORT FACIAL TREATMENTS

👶 Pregnancy Glow Facial	60min	R 550
👶 Deep Cleanse Treatment	45min	R 460
👶 Therapeutic Treatment	60min	R 550
👶 Detox Facial	30min	R 500

## NIMUE REJUVENATION FACIAL TREATMENTS

👶 Active Rejuvenation Treatment <i>15% Bio-Active Complex</i>	60min	R 720
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## NIMUE ADVANCED REJUVENATION FACIAL TREATMENTS

👶 35% Glycolic Treatment	60min	R 770
👶 7.5% TCA Treatment	60min	R 880
👶 Nimue-SRC™ Treatment   <i>Various Skin Types</i>	60min	R 820
👶 Smart Resurfacing Treatment	30min	R1050

## MICRONEEDLING - 6 TREATMENT COURSE

👶 First Treatment   <i>Includes Roller</i>	R 960
👶 Five Treatments Thereafter   <i>Price per Treatment</i>	R 440

## SHOW OFF YOUR HANDS AND FEET

Standard Manicure <i>Soak, Scrub, File, Buff, Cuticle Work and Paint</i>	60min	R 250
Deluxe Manicure <i>Soak, Scrub, File, Buff, Cuticle Work, Massage, Paint, Paraffin Dip</i>	75min	R 330
Standard Pedicure <i>Soak, Scrub, File, Buff, Nail Cutting, Cuticle Work, Paint</i>	60min	R 320
Deluxe Pedicure <i>Soak, Scrub, File, Buff, Cuticle Work, Massage, Paint and Footlogix or Paraffin Dip</i>	75min	R 400
Express Manicure or Pedicure <i>Buff, File, Cuticle Work and Paint. Pedicure: choice between Cuticle Work or Foot Filing</i>	30min	R 110
Hand or Foot Massage	30min	R 210
Footlogix Medi Pedi   <i>Excludes Polish</i>	45min	R 330

## GEL

Gel without Manicure or Pedicure	R 300
Gel with Standard Manicure	R 420
Gel with Standard Pedicure	R 440
Gel with Deluxe Manicure or Pedicure	R 500
Soak Off with File and Buff	R 130

## +ADD ON to your Manicure or Pedicure

French Polish extra R45 | French Gel extra R55 | Soak Off extra R70

\*available at selected branches only

## WAXING

Standard Bikini	R 160	1/2 Leg	R 220
C-Section Wax	R 250	3/4 Leg	R 270
Natural Birth Wax	R 320	Full Leg	R 310
1/2 Arm	R 150	Upper Leg	R 250
Full Arm	R 210	Brows, Lip, Chin or Nose	R 90
Underarm	R 120	Brow & Lip Combo	R 170

## THREADING\*

Lip	R 80	Brows	R 90
Chin	R 80	Full Face	R 280

## TINTING

Eyelash or Eyebrow Tint	R 80	Brow Shape	R 80
Eyelash & Brow Combo	R 150	Lash and Brow Tint & Shape	R 220

## LASH EXTENSIONS\*

Full Set	R 650	3 Week Fill	R 480
2 Week Fill	R 360	Lash Removal	R 160

## LASH LIFT TREATMENT\*

Lash Lift Treatment   <i>Includes Eyelash Tint</i>	R 570
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## 6D MICROBLADING\*

Both Brows	R1700	Touch up	R 890
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## VITA LIBERATA SPRAY TANNING\*

Spray Tan Application Only	R 500
Spray Tan Application with Full Body Exfoliation	R 630

## STUDEX EAR PIERCING\* 6 months +

👶 Professional Ear Piercing   <i>Both ears pierced at once</i>	R 300
<i>Includes Cleansing Gel + Superstar Badge + Certificate of Bravery</i>	



 can't get enough bump love

Pregnancy safe facial and body treatments are indicated with our PREGNANCY APPROVED symbol. All our Manicures, Pedicures and Grooming (excluding Microblading) is 100% PREGNANCY SAFE!

\*available at selected branches only