



TIME OUT THERAPY

Swedish Massage	30min R 320	45min R 380	60min R 450
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 & 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 & 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

Dude to Dad <i>Swedish Full Body Massage + Scalp Massage + The Boss Pedicure</i>	R 770
Lad and Dad 2 - 12 years <i>Swedish Back, Neck and Shoulder Massage + The Boss Pedicure</i>	R 550
Give a Whoop-Whoop to Dad <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 First Treatment <i>Includes Home Care Product</i>	20min R 250
Focus Therapy Follow-up Treatments	20min R 200

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



Receive a **FREE** Nail Polish Gift with every **TEEN PAMPER PACKAGE** booked!



TREATMENT MENU



HEAD OFFICE

Suite 9 | c/o Paul Kruger & Hibiscus Street
email info@mommywellness.co.za
tel 021 976 3174

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 WRAP** for only R200 extra

THE 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
Focus Therapy First Treatment <i>Includes Home Care Product</i>	30min	R 350
Focus Therapy Follow-up Treatments	30min	R 300

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

*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	60min	R 720
<i>15% Bio-Active Complex</i>		

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