



TIME OUT THERAPY

Swedish Massage	30min R 350	45min R 420	60min R 495
Deep Tissue Massage	30min R 420	45min R 480	60min R 600
Hot Stone Massage	30min R 385	45min R 480	60min R 600
Indian Head Massage		45min R 600	
Reflexology	30min R 350		
Sports Massage*	30min R 420		60min R 600
Therapeutic Pressure Point	Includes Lower Leg		45min R 420

HAND & FOOT CARE

The Handshake Manicure <i>Buff, File and Cuticle Work</i>	30min R 100
MANicure <i>Soak, Scrub, File, Buff, Cuticle Work and Hand & Lower Arm Massage</i>	60min R 224
The Sock Destroyer Pedicure <i>Buff, File and Cuticle Work or Foot Filing</i>	30min R 117
The Boss Pedicure <i>Soak, Scrub, File, Buff, Cuticle Work, Shining and Foot & Lower Leg Massage</i>	60min R 336
Footlogix Stand Alone Treatment	30min R 160
Footlogix Medi Pedi <i>Buff, file and cuticle work on nails, Footlogix on feet</i>	45min R 370

MANSCAPING - WAXING

Ears or Nose	R 100	½ Leg	R 268
Toes or Fingers	R 78	¾ Leg	R 324
Guy Brows	R 106	Full Leg	R 369
Chest	R 380	Full Arm	R 290
Back	R 380	Underarm	R 156
Stomach	R 336	Facial Threading Per Area	R 100

FACIAL TREATMENTS

Formula 1 Pitstop <i>Deep Cleanse Facial</i>	45min R 460
The Royal Flush <i>Therapeutic Facial</i>	60min R 600

PAMPER PACKAGES

Dude to Dad <i>Swedish Full Body Massage + Scalp Massage + The Boss Pedicure</i>	R 850
Lad and Dad 2 - 12 years <i>Swedish Back, Neck and Shoulder Massage + The Boss Pedicure</i>	R 605
Give a Whoop-Whoop to Dad <i>Swedish Full Body Massage + The Royal Flush Facial + The Boss Pedicure</i>	R1155

*available at selected branches only



TIME OUT THERAPY

Game Over Massage <i>Sports Massage</i>	60min R 490
Stress Relieve Massage <i>Full Body Massage</i>	60min R 375
Back, Neck and Shoulder Massage	30min R 250
BFF Duet Massage	60min R 750
Teen Complexion Clarifying Facial	45min R 460
Magical Manicure	60min R 210
Sole Mate Pedicure	60min R 275
Express Manicure or Pedicure	30min R 120
Focus Therapy First Treatment <i>Includes Home Care Product</i>	20min R 275
Focus Therapy Follow-up Treatments	20min R 220

TEEN PAMPER PACKAGES

Magical Moments <i>Back Massage + Magical Manicure</i>	R 375
Destress My Sole <i>Stress Relieve Massage + Sole Mate Pedicure</i>	R 490
Ready Set Go <i>Back Massage + Magical Manicure + Sole Mate Pedicure</i>	R 550
Ultimate Teen Treat <i>Magical Manicure + Sole Mate Pedicure + Teen Complexion Clarifying Facial + Stress Relieve Massage</i>	R 980

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

Gel extra R78 | French Polish extra R66 | French Gel extra R90 | Paraffin Dip extra R55
Lash or Brow Tint extra R88 | Brow Shape extra R88 | Gel Soak Off extra R80



+ 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 935
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 220
5 Sessions Recommended | Once a Week | 60min Sessions per session

PAMPER WITH PALS 2 - 12 years

A pamper session with your best pals 45min R 250
Mini Mani + Mini Pedi + Foot Soak and Scrub per child
+ Facial Mask + FREE gift for each child

+ADD ON to your Pamper with Pals

Toe Ring extra R45 | Leg and Foot Massage extra R80 | Back Massage extra R110
Face Paint extra R45 | Hair Up-Style* extra R140

*available at selected branches only

+free gift
Receive a FREE 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 690
👶 Oh Baby Massage	60min	R 660
Mommy's Time Out	60min	R 690
👶 Body Wraps <i>Enquire with your therapist about our selection</i>	starting from	R 300
👶 Boogie Legs Lower Leg & Foot Treatment	45min	R 420
👶 Full Body Exfoliation	45min	R 365

Add a **Full Body Massage** to any **BELLA ROZE BODY WRAP** for only **R300 extra**

THE FAVOURITES

👶 Couples Massage <i>Pregnancy Massage R65 extra</i>	60min	R 990
Swedish Full Body Massage	60min	R 495
👶 Pure Stress Relief Massage	30min	R 350
<i>Pregnancy Massage R65 extra</i>	45min	R 420
👶 Scalp Massage	30min	R 350
Reflexology	30min	R 350
Aroma Full Body Massage	60min	R 600
Hot Stone Therapy Massage	60min	R 600
👶 Indian Head Massage	45min	R 600
Sports Massage*	30min R 380	45min R 480
Manual Lymph Drainage*	30min	R 420
Focus Therapy First Treatment <i>Includes Home Care Product</i>	30min	R 380
Focus Therapy Follow-up Treatments	30min	R 330

PAMPER PACKAGES

👶 Mommy to Be	R1190
<i>Bella Roze Pregnancy Massage + Standard Manicure + Deluxe Pedicure + FREE Gift Add on Gel for only R80 extra</i>	
👶 Mother and Daughter Pamper 2 - 12 years	R 695
<i>Mom: Foot Soak & Scrub + Standard Pedicure + File & Revarnish on Hands + FREE Gift Daughter: Foot Soak and Scrub + Mini Manicure and Pedicure + Facial Mask + FREE Gift</i>	
👶 Mother and Daughter Pamper 13+ years	R 960
<i>Pure Stress Relief Massage + Standard Pedicure + FREE Gift for Mother and Daughter Upgrade to Pregnancy Massage for only R65 extra</i>	
👶 Just Relax	R 715
<i>Destress Back Massage + Aromatic Scalp Massage + Hot Stone Deluxe Pedicure (no hot stones if pregnant) + FREE Gift Upgrade to Pregnancy Massage for only R65 extra or Add on Gel for only R80 extra or Upgrade to Full Body Massage for only R200 extra</i>	



TRIMESTER PACKAGES

1st Trimester Package + FREE Bella Roze Body Butter/Body Scrub Retail Product	R1050
<i>Pregnancy Glow Facial + Deluxe Pedicure</i>	
2nd Trimester Package + FREE Bella Roze Hair Oil/Bum Bum Retail Product	R1580
<i>Pregnancy Glow Facial + Oh Baby Massage + Quench My Thirsty Skin Body Wrap</i>	
3rd Trimester Package + FREE Bella Roze Hair Mask Retail Product	R1595
<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 600
👶 Deep Cleanse Treatment	45min	R 460
👶 Therapeutic Treatment	60min	R 600
👶 Detox Facial	30min	R 540

NIMUE REJUVENATION FACIAL TREATMENTS

👶 Active Rejuvenation Treatment	60min	R 770
<i>15% Bio-Active Complex</i>		

NIMUE ADVANCED REJUVENATION FACIAL TREATMENTS

👶 35% Glycolic Treatment	60min	R 820
👶 7.5% TCA Treatment	60min	R 920
👶 Nimue-SRC™ Treatment <i>Various Skin Types</i>	60min	R 950
👶 Smart Resurfacing Treatment	30min	R1120

MICRONEEDLING - 6 TREATMENT COURSE

👶 First Treatment <i>Includes Roller</i>	R1100
👶 Five Treatments Thereafter <i>Price per Treatment</i>	R 600

SHOW OFF YOUR HANDS AND FEET

Standard Manicure	60min	R 275
<i>Soak, Scrub, File, Buff, Cuticle Work and Paint</i>		
Deluxe Manicure	75min	R 363
<i>Soak, Scrub, File, Buff, Cuticle Work, Massage, Paint, Paraffin Dip</i>		
Standard Pedicure	60min	R 350
<i>Soak, Scrub, File, Buff, Nail Cutting, Cuticle Work, Paint</i>		
Deluxe Pedicure	75min	R 440
<i>Soak, Scrub, File, Buff, Cuticle Work, Massage, Paint and Footlogix or Paraffin Dip</i>		
Express Manicure or Pedicure	30min	R 121
<i>Buff, File, Cuticle Work and Paint. Pedicure: choice between Cuticle Work or Foot Filing</i>		
Hand or Foot Massage	30min	R 231
Footlogix Stand Alone Treatment	30min	R 160
Footlogix Medi Pedi <i>Buff, file and cuticle work on nails, Footlogix on feet</i>	45min	R 370

GEL

Gel without Manicure or Pedicure	R 330
Gel with Standard Manicure	R 462
Gel with Standard Pedicure	R 484
Gel with Deluxe Manicure or Pedicure	R 550
Soak Off with File and Buff	R 143

+ADD ON to your Manicure or Pedicure

French Polish extra R66 | French Gel extra R90 | Soak Off extra R80

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WAXING

Standard Bikini	R 180	1/2 Leg	R 246
C-Section Wax	R 280	3/4 Leg	R 302
Natural Birth Wax	R 358	Full Leg	R 347
1/2 Arm	R 168	Upper Leg	R 280
Full Arm	R 235	Brows, Lip, Chin or Nose	R 100
Underarm	R 134	Brow & Lip Combo	R 190

THREADING*

Lip	R 89	Brows	R 100
Chin	R 89	Full Face	R 313

TINTING

Eyelash or Eyebrow Tint	R 89	Brow Shape	R 89
Eyelash & Brow Combo	R 168	Lash and Brow Tint & Shape	R 246

LASH EXTENSIONS*

Full Set	R 715	3 Week Fill	R 528
2 Week Fill	R 396	Lash Removal	R 176

LASH LIFT TREATMENT*

Lash Lift Treatment <i>Includes Eyelash Tint</i>	R 627
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6D MICROBLADING*

Both Brows	3 hours	R1870	Touch up	R 979
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VITA LIBERATA SPRAY TANNING*

Spray Tan Application Only	20min	R 550
Spray Tan Application with Full Body Exfoliation	45min	R 693

STUDEX EAR PIERCING* 6 months +

👶 Professional Ear Piercing <i>Both ears pierced at once Includes Cleansing Gel + Superstar Badge + Certificate of Bravery</i>	R 350
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 **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!**

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