



TIME OUT THERAPY

Swedish Massage	30min	R350	45min	R420	60min	R530
Deep Tissue Massage	30min	R420	45min	R480	60min	R640
Hot Stone Massage	30min	R385	45min	R480	60min	R640
Indian Head Massage			45min	R640		
Reflexology	30min	R370				
Sports Massage*	30min	R420			60min	R640
Therapeutic Pressure Point <i>Includes Lower Leg</i>			45min	R420		

HAND & FOOT CARE

The Handshake Manicure <i>Buff, File and Cuticle Work</i>	30min	R121
MANICURE <i>Soak, Scrub, File, Buff, Cuticle Work and Hand & Lower Arm Massage</i>	60min	R250
The Sock Destroyer Pedicure <i>Buff, File and Cuticle Work or Foot Filing</i>	30min	R121
The Boss Pedicure <i>Soak, Scrub, File, Buff, Cuticle Work, Shining and Foot & Lower Leg Massage</i>	60min	R350
MediHeel Stand Alone Treatment	30min	R190
MediHeel Medi Pedi <i>Buff, file and cuticle work on nails, Footlogix on feet.</i>	45min	R390

MANSCAPING - WAXING

Ears or Nose	R100	½ Leg	R268
Toes or Fingers	R78	¾ Leg	R324
Guy Brows	R106	Full Leg	R369
Chest	R380	Full Arm	R290
Back	R380	Underarm	R156
Stomach	R336	Facial Threading <i>Per Area</i>	R100

FACIAL TREATMENTS

Formula 1 Pitstop <i>Deep Cleanse Facial</i>	45min	R480
The Royal Flush <i>Therapeutic Facial</i>	60min	R620

PAMPER PACKAGES

Dude to Dad <i>Swedish Full Body Massage + Scalp Massage + The Boss Pedicure</i>	R900
Lad and Dad 2 - 12 years <i>Swedish Back, Neck and Shoulder Massage + The Boss Pedicure</i>	R620
Give a Whoop-Whoop to Dad <i>Swedish Full Body Massage + The Royal Flush Facial + The Boss Pedicure</i>	R1240

*available at selected branches only



Wellness 13 - 18 years

TIME OUT THERAPY

Game Over Massage <i>Sports Massage</i>	60min	R490
Stress Relieve Massage <i>Full Body Massage</i>	60min	R375
Back, Neck and Shoulder Massage	30min	R250
BFF Duet Massage	60min	R750
Teen Complexion Clarifying Facial	45min	R460
Magical Manicure	60min	R210
Sole Mate Pedicure	60min	R275
Express Manicure or Pedicure	30min	R120
Focus Therapy First Treatment <i>Includes Home Care Product</i>	20min	R275
Focus Therapy Follow-up Treatments	20min	R220

TEEN PAMPER PACKAGES

Magical Moments <i>Back Massage + Magical Manicure</i>	R375
Destress My Sole <i>Stress Relieve Massage + Sole Mate Pedicure</i>	R490
Ready Set Go <i>Back Massage + Magical Manicure + Sole Mate Pedicure</i>	R550
Ultimate Teen Treat <i>Magical Manicure + Sole Mate Pedicure + Teen Complexion Clarifying Facial + Stress Relieve Massage</i>	R980

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

Gel extra R80 | French Polish extra R66 | French Gel extra R90 | Paraffin Dip extra R55
Lash or Brow Tint extra R89 | Brow Shape extra R89 | 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 R935
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 R220
5 Sessions Recommended | Once a Week | 60min Sessions per session

PAMPER WITH PALS 2 - 12 years

A pamper session with your best pals 45min R270
Mini Mani + Mini Pedi + Foot Soak and Scrub per child + Mask Application + FREE gift for each child

+ADD ON to your Pamper with Pals

Leg and Foot Massage extra R80 | Back Massage extra R110 | Pamper Box extra R200

*available at selected branches only

+ free gift

Receive a **FREE GIFT** with every **TEEN PAMPER PACKAGE** booked!



TREATMENT MENU



BOOK AT YOUR NEAREST BRANCH
www.mommywellness.co.za

f Mommy Wellness

@mommywellness



BELLA ROZE SPECIALIZED TREATMENTS

Pregnancy Full Body Massage	60min	R760
Oh Baby Massage	60min	R680
Mommy's Time Out	60min	R710
Boogie Legs Lower Leg & Foot	45min	R450
Treatment Full Body Exfoliation	45min	R380
Back Exfoliation	30min	R130

THE FAVOURITES

Couples Massage <i>Pregnancy Massage R75 extra</i>	60min	R1150
Swedish Full Body Massage	60min	R600
Pure Stress Relief Massage	30min R375	45min R440
<i>Pregnancy Massage R75 extra</i>		
Scalp Massage	30min	R370
Back Massage	30min R375	45min R440
Reflexology	30min	R370
Aroma Full Body Massage	45min R500	60min R680
Hot Stone Therapy Massage	30min R400	45min R520
60min	R680	
Indian Head Massage	45min	R640
Sports Massage*30min	45min R480	60min R640
Manual Lymph Drainage*	30min R420	60min R640
Focus Therapy First Treatment <i>Includes Home Care Product</i>	30min	R380
Focus Therapy Follow-up Treatments	30min	R330
Deep Tissue Massage	30min R440	45min R500
60min	R700	

PAMPER PACKAGES

Mommy to Be	R1210
<i>Bella Roze Pregnancy Massage + Standard Manicure + Deluxe Pedicure + FREE Gift Add on Gel for only R80 extra</i>	
Mommy Time Out Pamper	R1210
<i>Time Out Massage + Standard Manicure + Deluxe Pedicure + FREE Gift Add on Gel for only R80 extra</i>	
Mother and Daughter Pamper 2 - 12 years	R695
<i>Mom: Foot Soak & Scrub + Standard Pedicure + FREE Gift Daughter: Foot Soak and Scrub + Mini Manicure and Pedicure + Facial Mask + FREE Gift</i>	
Mother and Daughter Pamper 13+ years	R960
<i>Pure Stress Relief Massage + Standard Pedicure + FREE Gift for Mother and Daughter Upgrade to Pregnancy Massage for only R70 extra</i>	
Just Relax	R715
<i>Destress Back Massage + Aromatic Scalp Massage + Hot Stone Deluxe Pedicure (no hot stones if pregnant) + FREE Gift Upgrade to Pregnancy Massage for only R70 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	R 850
<i>Pregnancy Glow Facial + Deluxe Pedicure</i>	
2nd Trimester Package	R 1400
<i>Pregnancy Glow Facial + Oh Baby Massage + Quench My Thirsty Skin Body Wrap</i>	
3rd Trimester Package	R 1445
<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	R620
Deep Cleanse Treatment	45min	R480
Therapeutic Treatment	60min	R620
Detox Facial	30min	R600

NIMUE REJUVENATION FACIAL TREATMENTS

Active Rejuvenation Treatment	60min	R800
<i>15% Bio-Active Complex</i>		

NIMUE ADVANCED REJUVENATION FACIAL TREATMENTS

35% Glycolic Treatment	60min	R850
7.5% TCA Treatment	60min	R950
Nimue-SRC™ Treatment <i>Various Skin Types</i>	60min	R950
Smart Resurfacing Treatment	30min	R1000

MICRONEEDLING - 6 TREATMENT COURSE

First Treatment <i>Includes Roller</i>	R 1100	<i>Add Numbing R80 extra</i>
Five Treatments Thereafter <i>Price per Treatment</i>	R 600	

SHOW OFF YOUR HANDS AND FEET

Standard Manicure	60min	R275
<i>Soak, Scrub, File, Buff, Cuticle Work and Paint</i>		
Deluxe Manicure	75min	R363
<i>Soak, Scrub, File, Buff, Cuticle Work, Massage, Paint, Paraffin Dip</i>		
Standard Pedicure	60min	R350
<i>Soak, Scrub, File, Buff, Nail Cutting, Cuticle Work, Paint</i>		
Deluxe Pedicure	75min	R480
<i>Soak, Scrub, File, Buff, Cuticle Work, Massage, Paint and Footlogix or Paraffin Dip</i>		
Express Manicure or Pedicure	30min	R170
<i>Buff, File, Cuticle Work and Paint. Pedicure: choice between Cuticle Work or Foot Filing</i>		
Hand or Foot Massage	30min	R231
MediHeel Stand Alone Treatment	30min	R190
MediHeel Medi Pedi <i>Buff, file and cuticle work on nails, Footlogix on feet</i>	45min	R390

GEL

Gel without Manicure or Pedicure	R330
Gel with Standard Manicure	R462
Gel with Standard Pedicure	R484
Gel with Deluxe Manicure or Pedicure	R550
Soak Off with File and Buff	R143

+ADD ON to your Manicure or Pedicure

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

*available at selected branches only



WAXING

Standard Bikini	R180	½ Leg	R246
C-Section Wax	R280	¾ Leg	R302
Natural Birth Wax	R358	Full Leg	R347
½ Arm	R168	Upper Leg	R280
Full Arm	R235	Brows, Lip, Chin or Nose	R120
Underarm	R190	Brow & Lip Combo	R190

THREADING*

Lip	R130	Brows	R130
Chin	R130	Full Face	R330

TINTING

Eyelash or Eyebrow Tint	R96	Brow Shape	R96
Eyelash & Brow Combo	R177	Lash and Brow Tint & Shape	R260

LASH EXTENSIONS*

Full Set	R715	3 Week Fill	R528
2 Week Fill	R396	Lash Removal	R176

LASH LIFT TREATMENT*

Lash Lift Treatment <i>Includes Eyelash Tint</i>	R627
--	------

6D MICROBLADING*

Both Brows	3 hours	R1870	Touch up	R979
------------	---------	-------	----------	------

STUDEX EAR PIERCING* 6 months +

Professional Ear Piercing <i>Both ears pierced at once</i>	R350
<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