

A family of four is shown in a serene, natural setting. They are all dressed in white, minimalist clothing. The mother is on the left, holding a young child. The father is on the right, sitting on a large, thick tree branch and holding a baby. The background features a lush green valley with rolling hills and a large tree in the foreground. The overall mood is peaceful and family-oriented.

MOMMY WELLNESS DAY SPA MENU

*SPECIALISED SPA TREATMENTS FOR YOUR
MOTHERHOOD JOURNEY AND FAMILY WELLNESS*



SPECIALISED TREATMENTS

THE 7 PHASES OF MOTHERHOOD

AT MOMMY WELLNESS, WE UNDERSTAND THAT WOMANHOOD IS A JOURNEY WITH MANY PHASES, EACH BRINGING ITS OWN JOYS, CHALLENGES, AND TRANSFORMATIONS.

NO TWO WOMEN ARE THE SAME, AND NO TWO PHASES OF WOMANHOOD REQUIRE THE SAME APPROACH, AND SO WE DON'T TREAT THEM THAT WAY.

THAT'S WHY WE'VE CREATED SPECIALISED TREATMENTS DESIGNED TO SUPPORT YOU THROUGH EVERY STAGE. FROM DREAMING OF MOTHERHOOD TO EMBRACING NEW BEGINNINGS, RAISING TEENS, AND REDISCOVERING YOURSELF AS AN EMPTY NESTER, WE'RE ENSURING YOUR WELLNESS IS LOOKED AFTER THROUGH EVERY STAGE OF WOMANHOOD.

OUR HOLISTIC APPROACH, ROOTED IN CARE AND COMMUNITY, ENSURES THAT YOU HAVE THE NURTURING AND RESTORATIVE SUPPORT YOU NEED TO THRIVE AT EVERY STEP. WHETHER YOU'RE PREPARING FOR MOTHERHOOD, FINDING BALANCE WHILE RAISING CHILDREN, OR EMBRACING NEW FREEDOMS, OUR TAILORED TREATMENTS ARE HERE TO HELP YOU STAY GROUNDED, CALM, AND RESILIENT—JUST AS YOU DESERVE.

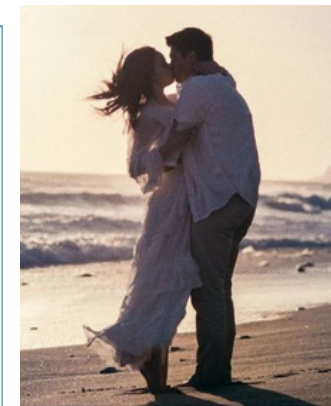
Dreaming and Preparing Phase

Fertility

For those dreaming of tomorrow, and nurturing hope today. Whether you're planning for a family or facing challenges with infertility or miscarriage, we understand your journey. Mommy Wellness provides a supportive community, tailored treatments and education resources to help you prepare for your next steps.

Treatments

Fertility support massage (60min)	R760
Restorative Relaxation massage (60min)	R760



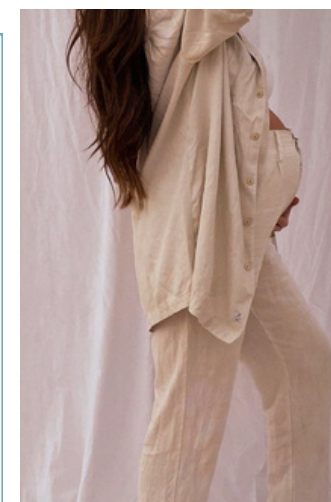
Blooming & Nesting Phase

Pregnancy

For those growing life within, and caring for yourself along the way. As your body nurtures new life, let us nurture you with treatments designed to calm, restore, and support every step of your pregnancy.

Treatments

Pregnancy massage (60min)	R760
Boogie legs treatment (45min)	R460
Pregnancy back massage (30/45 min)	R450-R515
Oh Baby massage (60min)	R680
Trimester packages	R850-R1445
Babymoon package (90min) + free gift	R1400
Pregnancy Glow Facial	R580



New Beginnings Phase

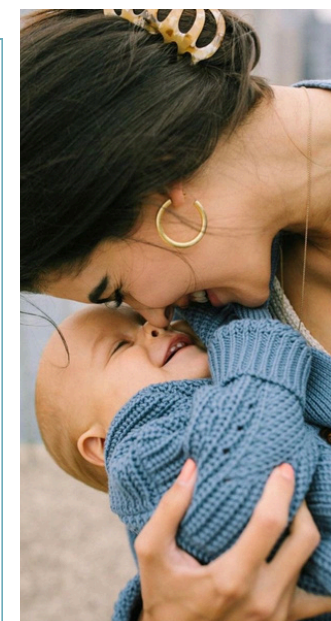
with Newborns & Toddlers

For when you give your all to your little ones, let us give back to you. While you navigate the sleepless nights and early joys of motherhood, we're here to help restore your strength and rejuvenate your well-being

Treatments

Lower arm & wrist massage with Kneipp Therapy (30min)	R350
<i>Kneipp Therapy enhances lower arm and wrist massage by integrating hydrotherapy and herbal elements for improved circulation and relaxation</i>	
Upper back, neck and shoulders (30min)	R375
Reflexology hormone balance (30min)	R370
Baby massage (5 lessons)	R935
Nanny service (60min)	R50
Mommy's Time Out Massage (60min)	R730
Dr Pen Glow Up Facial	R750

Treatment safely addresses pigmentation by using micro needling to promote collagen production and skin renewal, offering a brighter complexion





SPECIALISED TREATMENTS

Balancing Act Phase

with Children 3-12 years

For the mom juggling it all, but wants to pause for herself. Between school runs, work, and everything in between, take a moment to recharge—because even superheroes need a break. Pop in while the kids are at extra murals—our treatments won't take longer than 30 minutes.

Treatments

Back, Neck & Shoulder Massage (30min / 45min)	R375 / R450
Back Massage (30min)	R385
Bare Beauty Facial (30min)	R199
Nimue Express Facial (30min)	R250
Nimue Detox Facial Peel(30min)	R710
Express Mani (file and paint)(30min)	R120
Express Pedi (file and paint)(30min)	R120
Gel Overlay (hands or feet)(30min)	R330
Lip or Brow or Chin Wax (15min)	R96
Underarm Wax (30min)	R134
Bikini Wax (30min)	R180
Brow Tint (30min)	R96
Lash Tint(30min)	R96
Nanny Service (30min)	R50
Mom and Daughter package (2yrs to 12yrs)	R695
Mom and Son package (2yrs – 12yrs)	R700
Scalp Massage(30min)	R370



Strengthening Bonds Phase

with Pre-Teens and Teens

For the mom navigating the teenage years, and strengthening bonds, one conversation at a time. As your kids grow into their own, let us help you stay connected, grounded, and calm through this dynamic chapter of parenting.

Treatments

Lymph drainage (35/45min)	R420 / R640
Aromatherapy massage (45/60min)	R500 / R680
Reflexology (30min)	R370
Lower arm and wrist massage	R350
Back/neck and shoulder massage	R375
Mom and Daughter package (13yrs to 18yrs)	R1100



Guiding Growth Phase

with Young Adults

For those guiding through change, while finding their own strength. As you help your children grow, don't forget to nurture yourself. Our treatments are here to help you stay grounded, calm, and resilient.

Treatments

Nerve Balance Massage (60min)	R760
Lymph drainage (30min/45min)	R420 / R640
Reflexology (30min)	R370
Mom and Daughter package (18yrs to 25yrs)	R1100
Couple's Massage	R1180



Unfolding & Renewal Phase

Empty Nest

For those redefining themselves with this new chapter. When your children leave home, it's time to focus on you. As you enter a new phase of life, let us support you with treatments that focus on renewal, balance, and rediscovery of your well-being. We want to help you rediscover your passions and purpose.

Treatments

Hormonal balance massage (60min)	R760
Couples Reconnection Retreat (90min) + free gift	R1400
Essential age prevention treatment	R 585



More About Our Treatments

Discover the ultimate in self-care at our branches! Explore our specialised treatments designed just for you, from soothing massages to revitalising wellness therapies. Whether you're starting a new chapter or balancing life's demands, we've got something for the whole family. Visit us today and experience personalised care like never before. Your next moment of relaxation is just a visit away! Scroll down to view more of our treatments on offer.



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



MOMMY WELLNESS TREATMENTS

Bella Rose Specialised Treatments

👉 Pregnancy Full Body Massage	60min	R780
👉 Oh Baby Massage	60min	R680
Mommy's Time Out	60min	R730
👉 Boogie Legs Lower Leg & Foot	45min	R460
👉 Treatment Full Body Exfoliation	45min	R380
👉 Back Exfoliation	30min	R130

Favourite Treatments

👉 Couples Massage <i>Pregnancy Massage R75 extra</i>	60min	R1180
👉 Pure Stress Relief Massage	45min	R450
👉 <i>Pregnancy Massage R70 extra</i>	30min	R375
👉 Scalp Massage	30min	R370
Reflexology	30min	R370
Aroma Full Body Massage	60min	R680
Hot Stone Therapy Massage	60min	R700
👉 Indian Head Massage	45min	R640
Sports Massage*	45min	R500
Manual Lymph Drainage*	30min R430	30min R420
Focus Therapy First Treatment <i>Includes Home Care Product</i>	30min	R380
Focus Therapy Follow-up Treatments	30min	R330
Swedish Massage	30min R375	45min R480
	60min	R610

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</i> <i>Daughter: Foot Soak and Scrub + Mini Manicure and Pedicure + Facial Mask + FREE Gift</i>	
👉 Mother and Daughter Pamper 13+ years	R1100
<i>Pure Stress Relief Massage + Standard Pedicure + FREE Gift for Mother and Daughter</i> <i>Upgrade to Pregnancy Massage for only R70 extra</i>	
👉 Just Relax	R715
<i>Destress Back Massage + Aromatic Scalp Massage</i> <i>+ Hot Stone Deluxe Pedicure (no hot stones if pregnant)</i> <i>+ FREE Gift Upgrade to Pregnancy Massage for only R70 extra or</i> <i>Add on Gel for only R80 extra or Upgrade to Full Body Massage for</i> <i>only R200 extra</i>	



Trimester Packages

👉 1st Trimester Package	R 850
<i>Pregnancy Glow Facial + Deluxe Pedicure</i>	
👉 2nd Trimester Package	R 1500
<i>Pregnancy Glow Facial + Oh Baby Massage + Quench My Thirsty Skin Body Wrap + Exfoliation</i>	
👉 3rd Trimester Package	R 1555
<i>Pregnancy Glow Facial + Bella Roze Pregnancy Massage</i> <i>+ Bella Roze Boogie Legs Lower Leg and Foot Treatment</i>	

Nimue Support Facial Treatments

👉 Pregnancy Glow Facial	60min	R620
👉 Deep Cleanse	45min	R510
👉 Treatment Therapeutic	60min	R620
👉 Treatment Detox Facial	30min	R600
Menopause Facial	60min	R585

Nimue Rejuvenation Facial Treatments

👉 Active Rejuvenation Treatment	60min	R860
<i>15% Bio-Active Complex</i>		
Detox Facial		R710

Nimue Advanced Rejuvenation Facials

👉 35% Glycolic Treatment	60min	R910
👉 7.5% TCA Treatment	60min	R990
👉 Nimue-SRC™ Treatment <i>Various Skin Types</i>	60min	R970
👉 Smart Resurfacing Treatment	30min	R1100
Smart micropeel	60min	R770

Lamelle Facial Treatments

Only at select branches

Essential Age Prevention Treatment	R920
Essentials Hydration and Calming Treatment	R750
Lacti Firm 30/10	R760
Deep Cleanse/Purity Treatment	R850

Environ Facial Treatments

Only at select branches

Essential Youth Reset	60min	R950	90min	R1240
Essential Moisture Boost	60min	R950	90min	R1240
Essential Comfort Calm	60min	R950	90min	R1240
Essential Radiance Reveal	60min	R950	90min	R1240
Moisture Boost Cool Peel			60min	R950
Deep Cleansing Cool Peel			60min	R950
Youth Renew Cool Peel			60min	R910
Blemish Control Cool Peel			60min	R730
Vibrant-C Micro Peel			60min	R730
Bright Recovery Cool Peel			60min	R920

Dermaplane Treatments

Only at select branches

Dermaplane Facial	R580
Dermaplane Only	R270
Dermaplane Add On	R160

Microneedling

6 Week Course Only at select branches

👉 First Treatment <i>Includes Roller</i>	R1100
👉 Five Treatments Thereafter	R600
Dr Pen Dermal Pen Treatments	
👉 Glow Up Facial	R750
Glow and Go Treatment	R700
Pigment Relief Treatment	R900
Advanced Glowing Complexion Treatment	R1000

Hands & Feet Treatments

Standard Manicure	60min	R275
<i>Soak, Scrub, File, Buff, Cuticle Work and Paint</i>		
Deluxe Manicure	75min	R370
<i>Soak, Scrub, File, Buff, Cuticle Work, Massage, Paint, Paraffin Dip</i>		
Standard Pedicure	60min	R360
<i>Soak, Scrub, File, Buff, Massage, Nail Cutting, Cuticle Work, Paint</i>		
Deluxe Pedicure	75min	R460
<i>Soak, Scrub, File, Buff, Cuticle Work, Massage, Paint and Footlogix or Paraffin Dip</i>		
Express Manicure or Pedicure	30min	R190
<i>Buff, File, Cuticle Work and Paint. Pedicure: choice between Cuticle Work or Foot Filing</i>		
Hand or Foot Massage	30min	R230
MediHeel Stand Alone Treatment	30min	R210
MediHeel Medi Pedi <i>Buff, file and cuticle work on nails, MediHeel on feet</i>	45min	R420

Gel Treatments

Gel without Manicure or Pedicure	R340
Gel with Standard Manicure	R470
Gel with Standard Pedicure	R490
Gel with Deluxe Manicure or Pedicure	R550
Soak Off with File and Buff	R160

+ADD ON to your Manicure or Pedicure

French Polish extra R66 | French Gel extra R90 | Soak Off extra R100

Tinting Treatments

Eyelash or Eyebrow Tint	R100 each	Brow Shape (tweezing)	R120
Eyelash & Brow Combo	R177	Lash and Brow Tint & Shape	R260

Lash Extension Treatments

Only at select branches

Full Set Classic Lashes	R650	2 Week Fill	R396
Full Set Volume Lashes	R760	3 Week Fill	R528
Full Set Hybrid Lashes	R715	Lash Removal	R180

Lash Lift

Only at select branches

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

6D Microblading

Only at select branches

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

Studex Ear Piercings

6 months - 12 months

Professional Ear Piercing <i>Both ears pierced at once</i> <i>Includes Cleansing Gel + Superstar Badge + Certificate of Bravery</i>	R350
--	------



FAMILY WELLNESS TREATMENTS

Waxing & Threading Treatments

Treatments for Moms Cont.

Standard Bikini Wax	R180	½ Leg Wax	R250
C-Section Wax	R280	¾ Leg Wax	R310
Natural Birth Wax	R358	Full Leg Wax	R360
½ Arm Wax	R168	Upper Leg Wax	R280
Full Arm Wax	R235	Brows, Lip, Chin or Nose Wax	R100 each
Underarm Wax	R134	Brow & Lip Combo Wax	R210
Full Face Wax	R380	Lip & Chin Threading	R130 each
Full Face Threading	R330	Brows Threading	R150

Timeout Therapy Treatments



Swedish Massage	30min R420	45min R470	60min R650
Deep Tissue Massage	30min R450	45min R470	60min R650
Hot Stone Massage	30min R450	45min R470	60min R650
Indian Head Massage		45min R640	
Reflexology	30min R390		
Sports Massage*	30min R490	45min R520	60min R720
Therapeutic Pressure Point Includes Lower Leg		45min R420	

Hands & Feet Treatments

The Handshake Manicure <i>Buff, File and Cuticle Work</i>	30min R170
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 R190
The Boss Pedicure <i>Soak, Scrub, File, Buff, Cuticle Work, Shining and Foot & Lower Leg Massage</i>	60min R370
MediHeel Stand Alone Treatment	R220
MediHeel Medi Pedi <i>Buff, file and cuticle work on nails, MediHeel on feet.</i>	45min R420

Manscaping & Waxing Treatments

Ears or Nose	R120	½ Leg	R300
Toes or Fingers	R90	¾ Leg	R330
Guy Brows	R130	Full Leg	R400
Chest	R390	Full Arm	R320
Back	R400	Underarm	R160
Stomach	R370	Facial Threading Per Area	R120

Facial Therapy Treatments

Formula 1 Pitstop <i>Deep Cleanse Facial</i>	45min R510
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>	R1000
Lad and Dad 12+ years <i>Swedish Back, Neck and Shoulder Massage + The Boss Pedicure</i>	R820
Give a Whoop-Whoop to Dad <i>Swedish Full Body Massage + The Royal Flush Facial + The Boss Pedicure</i>	R1350



Timeout Out Therapy Treatments



Game Over Massage <i>Sports Massage</i>	60min R500
Full Body Massage	60min R450
Back, Neck and Shoulder Massage	30min R275
BFF Duet Massage	60min R850
Teen Complexion Clarifying Facial	45min R500
Magical Manicure	60min R240
Sole Mate Pedicure	60min R300
Express Manicure or Pedicure	30min R150
Focus Therapy First Treatment <i>Includes Home Care Product</i>	20min R280
Focus Therapy Follow-up Treatments	20min R230

Teen Pamper Packages

Magical Moments <i>Back Massage + Magical Manicure</i>	R400
Distress My Sole <i>Full Body Massage + Sole Mate Pedicure</i>	R500
Ready Set Go <i>Back Massage + Magical Manicure + Sole Mate Pedicure</i>	R600
Ultimate Teen Treat <i>Magical Manicure + Sole Mate Pedicure + Teen Complexion Clarifying Facial + Stress Relieve Massage</i>	R1000

+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

DIY Baby Massage Course

6 weeks - 12 months



We teach you how to massage your baby
5 Week Course | Once a Week | 45min Sessions R950

Bambino Therapeutic Treatments

6 weeks - 12 months

We will massage your baby concentrating on baby's specific needs as identified by you R240 per session
5 Sessions Recommended | Once a Week | 60min Sessions

Pamper With Pals

2 - 12 years

A pamper session with your best pals 45min R300 per child
Mini Mani + Mini Pedi + Foot Soak and Scrub + 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



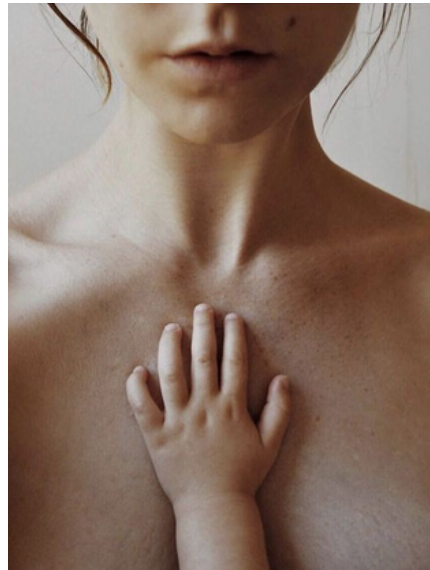
SPA AMENITIES

AT MOMMY WELLNESS SPA, WE PRIORITISE SELF-CARE FOR MOTHERS, MOMS-TO-BE, AND THEIR LITTLE ONES. OUR AMENITIES ARE DESIGNED TO SUPPORT YOU AND YOUR FAMILY THROUGHOUT THE JOURNEY OF LIFE.



Child Care Services

ENJOY YOUR TREATMENTS WHILE WE TAKE CARE OF YOUR CHILDREN WITH TRUSTED, PROFESSIONAL CAREGIVERS.



Home & Hospital Visits

RECOVER WITH OUR IN-HOSPITAL TREATMENTS FOR POSTNATAL CARE, INCLUDING SOOTHING MESSAGES FOR BOTH MOM AND BABY.





Certified in Pregnancy & Baby Massages

OUR CERTIFIED THERAPISTS PROVIDE PRENATAL AND BABY MESSAGES, ENSURING RELAXATION AND BONDING THROUGH EXPERT CARE.

BOOK NOW AT YOUR NEAREST BRANCH



Benoni

25, 6th Avenue, Northmead, Benoni
email benoni@mommywellness.co.za
tel 084 220 1283

 Mommy Wellness Benoni
 @mommywellness_benoni



Durbanville (Head Office)

Unit 2, 20 Bella Rosa Street, Bellville
email durnbanville@mommywellness.co.za
tel 021 976 3174

 Mommy Wellness Durbanville
 @mommywellnessdurbanville



Krugersdorp

30 Viljoen Street, Krugersdorp, Gauteng
email krugersdorp@mommywellness.co.za
tel 083 369 2113

 Mommy Wellness Krugersdorp
 @mommywellnesskrugersdorp



Paarl

9 Dorp Street, Lemoenkloof, Paarl
email paarl@mommywellness.co.za
tel 060 363 9298

 Mommy Wellness Paarl
 @mommywellnesspaarl



Blouberg

21 Trinity Crescent, Parklands, Cape Town
email blouberg@mommywellness.co.za
tel 079 727 0959

 Mommy Wellness Blouberg
 @mommywellness_blouberg



East London

72 Frere Road, Vincent, East London
email eastlondon@mommywellness.co.za
tel 0793823522 / 0721922288

 Mommy Wellness East London
 @mommywellnesseastlondon



Lansdowne

House of Beauty Hub, 16 Flamingo Crescent, Lansdowne
email lansdowne@mommywellness.co.za
tel 072 784 5417

 Mommy Wellness Lansdowne
 @mommywellnesslansdowne



Sea Point

Shop G2, 33 Regent Road, The Regent, Sea Point, Cape Town
email seapoint@mommywellness.co.za
tel 074 882 7600

 Mommy Wellness Sea Point
 @mommywellness_seapoint



Claremont

Unit 2, The Quadrant Wilderness Road, Claremont, Cape Town
email claremont@mommywellness.co.za
tel 084 212 4809

 Mommy Wellness Claremont
 @mommywellnessclaremont



Fourways

Langhams Lifestyle Estate, 1 Tamchele Avenue, Johannesburg
email fourways@mommywellness.co.za
tel 069 029 8178

 Mommy Wellness Fourways
 @mommywellness_fourways



Mosselbay

35 Gys Smalberger St, Mossel Bay Central, Mossel Bay, 6506
email mosselbay@mommywellness.co.za
tel 081 638 6281

 Mommy Wellness Mosselbay
 @mommywellness_mosselbay

Westlake

Unit 32, Westlake Shopping Centre, Cape Town
email westlake@mommywellness.co.za
tel 078 920 2286

 Mommy Wellness Westlake
 @mommywellnesswestlake