MOMMY WELLNESS DAY SAP 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 & 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)	R460

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)	R450–R515
Pregnancy back massage (30/45 min)	R680
Oh Baby massage (60min)	R850–R1445
Trimester packages	R1400
Babymoon package (90min)	R580
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) *Kneipp Therapy enhances lower arm and wrist massage by integrating hydrotherapy and herbal elements for improved circulation and relaxation*	R350
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 *Treatment safely addresses pigmentation by using micro needling to promote collagen production and skin renewal, offering a brighter complexion.*	R750

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

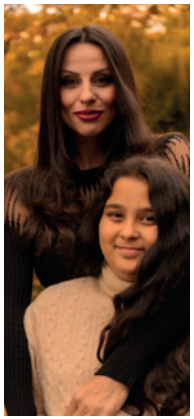
Back, Neck & Shoulder Massage (30min / 45min)	R375 / R450
Back Massage (30min)	R385
Bare Beauty Facial (30min)	R199
Nimue Express Facial (30min)	R250
Nimue Detox Facial Peel (30min)	R710
Express Mani (file and paint) (30min)	R120
Express Pedi (file and paint) (30min)	R120
Gel Overlay (hands or feet) (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 & 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)	R1400
Essential age prevention treatment	R585

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.

All pregnancy safe facial and body treatements 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 *Pregnancy Massage R75 extra* (60min)	R1180
Pure Stress Relief Massage (45min) *Pregnancy Massage R75 extra*	R450
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)	R660
Manual Lymph Drainage* 30min R420 | 60min	R680
Focus Therapy First Treatment (30min) *Includes Home Care Product*	R330
Focus Therapy Follow-up Treatments (30min)	R330
Swedish Massage (60min)	R610

Pamper Packages

Mommy to Be Bella Rose Pregnancy Massage + Standard Manicure + Deluxe Pedicure + FREE Gift. *Add on Gel for only R80 extra*	R1210
Mommy Time Out Pamper Time Out Massage + Standard Manicure + Deluxe Pedicure + FREE Gift. *Add on Gel for only R80 extra*	R1210
Mother and Daughter Pamper 2–12 years Mom: Foot Soak & Scrub + Standard Pedicure + FREE Gift Daughter: Foot Soak and Scrub + Mini Manicure and Pedicure + Facial Mask + FREE Gift	R695
Mother and Daughter Pamper 13+ years Pure Stress Relief Massage + Standard Pedicure + FREE Gift for Mother and Daughter. *Upgrade to Pregnancy Massage for R70 extra*	R1100
Just Relax 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.*	R715

Trimester Packages

1st Trimester Package Pregnancy Glow Facial + Deluxe Pedicure	R850
2nd Trimester Package Pregnancy Glow Facial + Oh Baby Massage + Quench My Thirsty Skin Body Wrap + Exfoliation	R1500
3rd Trimester Package Pregnancy Glow Facial + Bella Roze Pregnancy Massage + Bella Roze Boogie Legs Lower Leg and Foot Treatment	R1555

Nimue Support Facial Treatments

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

Nimue Rejuvenation Facial Treatments

Active Rejuvination Treatment (60min) *15% Bio-Active Complex*	R860
Detox Facial	R710

Nimue Advanced Rejuvination Facials

35% Glycolic Treatment (60min)	R910
7.5% TCA Treatment (60min)	R990
Nimue-SRC™ Treatment | Various Skin Types (60min)	R970
Smart Resurfacing Treatment (30min)	R1100
Smart Micropeel (60min)	R770

Lamelle Facial Treatments — Selected 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 — Selected Branches

Essential Youth Reset (50 / 90min)	R950 / R1240
Essential Moisture Boost (50 / 90min)	R950 / R1240
Essential Comfort Calm (50 / 90min)	R950 / R1240
Essential Radiance Reveal (50 / 90min)	R950 / 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 — Selected Branches

Dermaplane Facial	R580
Dermaplane Only *Dermaplane Add On R160*	R270

Microneedling — 6 Week Course — Selected Branches

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

Numbing R80 extra

Hands & Feet Treatments

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

French Polish *Extra R66* | French Gel *Extra R90* |Soak Off *Extra R100*

Tinting Treatments

Eyelash / Eyebrow Tint	R100	Brow Shape (tweezing)	R120
Eyelash & Brow Combo	R177	Lash & Brow Tint & Shape	R260

Lash Extension Treatments — Selected 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 — Selected Branches

Lash Lift Treatment *Including Eyelash Tint*	R627

6D Microblading — Selected Branches

Both Brows (3hrs)	R1870	Touch Up	R979

Studex Ear Piercings — 6 - 12 months

Professional Ear Piercing *Both ears pierced at once* *Includes Cleansing Gel, Superstar Badge & Certificate of Bravery*	R350

FAMILY WELLNESS TREATMENTS

Waxing & Threading

Treatments for Moms Cont.

Standard Bikini Wax	R180	1/2 Leg Wax	R250
C-Section Wax	R280	3/4 Leg Wax	R310
Natural Birth Wax	R358	Full Leg Wax	R360
1/2 arm Wax	R168	Upper Leg Wax	R280
Full Arm Wax	R235	Brows/Lip/Chin/Nose	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

Daddy Wellness

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

Hands & Feet Treatments

The Handshake Manicure (30min) *File, Buff, &Cuticle Work*	R170
Manicure 60min) *Soak, Scrub, File, Buff, Cuticle Work & Hand & Lower Arm Massage*	R250
The Sock Destroyer Pedicure (30min) *File, Buff & Cuticle Work or Foot Filing*	R190
The Boss Pedicure (60min) *Soak, Scrub, File, Buff, Cutical Work, Shining & Foot & Lower Leg Massage*	R370
MediHeel Stand Alone Treatment	R220
MediHeel Medi Pedi (30min) *Buff, file and cuticle work on nails, MediHeel on feet*	R420

Manscaping & Waxing

Ears or Nose	R120	1/2 Leg	R300
Toes or Fingers	R90	3/4 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 (45min) *Deep Cleanse Facial*	R510
The Royal Flush (60min) *Theraputic Facial*	R620

Pamper Packages

Dude to Dad Swedish Full Body Massage, Scalp Massage & The Boss Pedicure	R1000
Lad & Dad 12+ years Swedish Back, Neck & Shoulder Massage & The Boss Pedicure	R820
Give a Whoop-Whoop to Dad Swedish Full Body Massage, The Royal Flush Faciial & The Boss Pedicure	R1350

Timeout Therapy Treatments

Urban Teen Wellness

Game Over Sports Massage (60min)	R500
Full Body Massage (60min)	R450
Back, Neck & 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 (20min) *Includes Home Care Product*	R280
Focus Therapy Follow-up Treatments (20min)	R230

Teen Pamper Packages

Magical Moments Back Massage & Magical Manicure	R400
Destress My Sole Full Body Massage & Sole Mate Pedicure	R500
Ready, Set, Go Back Massage, Magical Manicure & Sole Mate Pedicure	R600
Ultimate Teen Treat Magical Manicure, Sole Mate Pedicure, Teen Complexion Clarifying Facial & Stress Relief Massage	R1000

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

Gel *extra R80* / 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

Babe Tot and Tween Wellness

We teach you how to massage your baby (6wks - 12mo) R950

5 Week Course / Once a Week / 45min Sessions

Bambino Theraputic Treatments

6wks - 12mo

We will massage your baby, concentrating on your baby's specific needs as identified by you — R240/session

5 Sessions Reccommeded / Once a Week / 60min Sessions

Pamper With Pals

2 - 12 years

A pamper session with your best pals (45min) — R300/child

Mini Mani, Mini Pedi, Foot Soak & Scrub, Mask Application

FREE gift for each child

+ ADD ON to your Pamper With Pals

Leg & Foot Massage *extra R80* / Back Massagel *extra R110* /

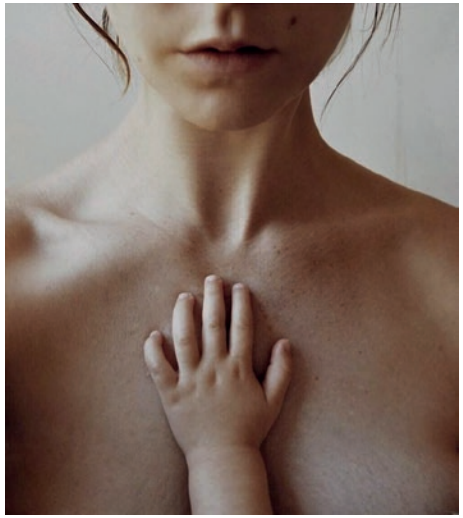
Pamper Box *extra R200*

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.

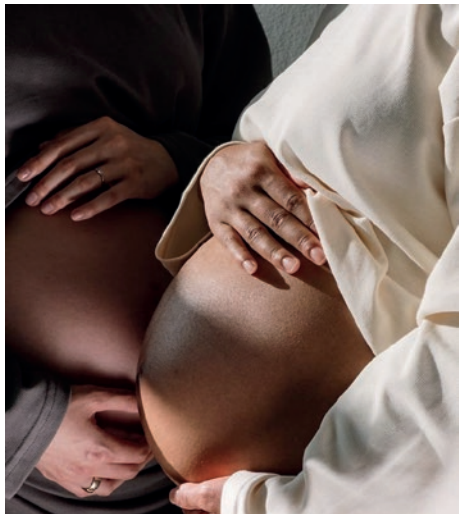
Child Care Services

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



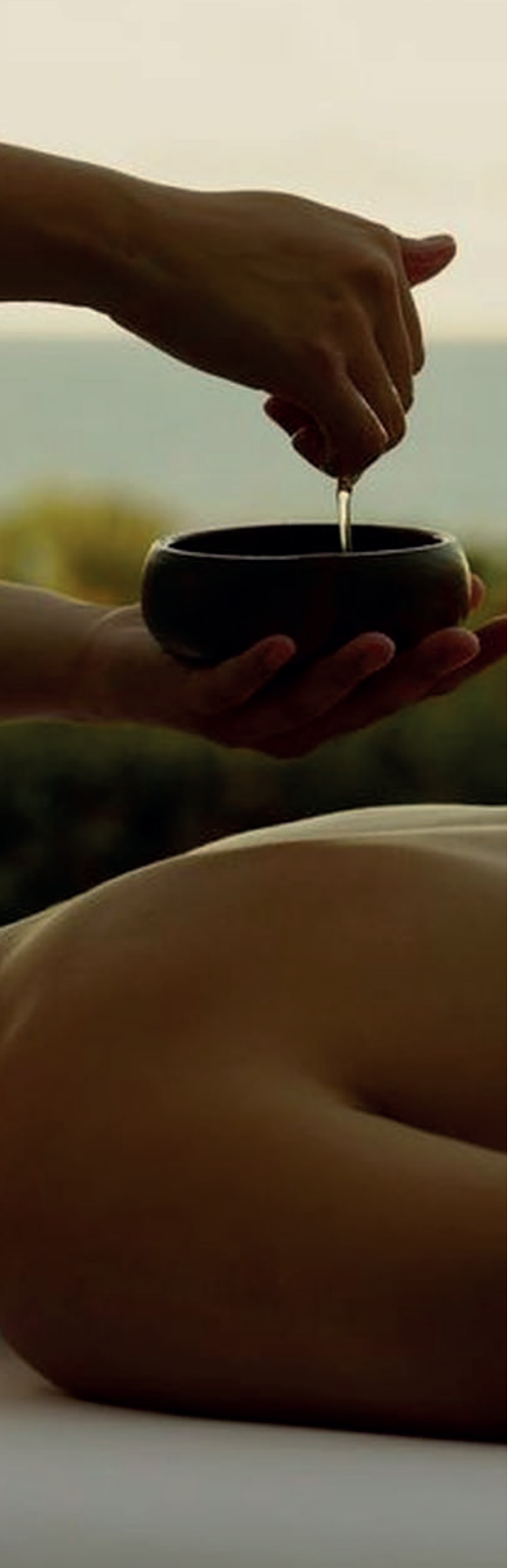
Home & Hospital Visits

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



Certified in Pregnancy & Baby Massage

OUR CERTIFIED THERAPISTS PROVIDE PRENATAL AND BABY MASSAGES, 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
FB: Mommy Wellness Benoni
Insta: @mommywellness_benoni

NEW BRANCH

COMING 1 DECEMBER

Claremont
Unit 2, The Quadrant, Willderness Road, Claremont, CT
email: claremont@mommywellness.co.za
tel: 084 220 1283
FB: Mommy Wellness Claremont
Insta: @mommywellnessclaremont

Durbanville (Head Office)
Unit 2, 20 Bella Rosa Street, Belville
email: durbanville@mommywellness.co.za
tel: 021 976 2174
FB: Mommy Wellness Durbanville
Insta: @mommywellness_durbanville

East London
72 Frere Road, Vincent, East London
email: eastlondon@mommywellness.co.za
tel: 079 382 3522 / 072 192 2288
FB: Mommy Wellness East London
Insta: @mommywellnesseastlondon

Fourways
Langhams Lifestyle Estate, 1 Tamchele Ave, JHB
email: fourways@mommywellness.co.za
tel: 0069 029 8178
FB: Mommy Wellness Fourways
Insta: @mommywellness_fourways

Krugersdorp
30 Viljoen Street, Krugersdorp
email: krugersdorp@mommywellness.co.za
tel: 083 369 2113
FB: Mommy Wellness Krugersdorp
Insta: @mommywellnesskrugersdorp

Mossel Bay
35 Geys Smallberger St, Mossel Bay Central
email: mosselbay@mommywellness.co.za
tel: 081 638 6281
FB: Mommy Wellness Mosselbay
Insta: @mommywellness_mosselbay

Paarl
9 Dorp Street, Lemoenkloof, Paarl
email: paarl@mommywellness.co.za
tel: 060 363 9298
FB: Mommy Wellness Paarl
Insta: @mommywellnesspaarl

Parkmore
109-111 Lillian Avenue, Parkmore, Sandton
email: parkmore@mommywellness.co.za
tel: 069 483 6540
FB: Mommy Wellness Parkmore
Insta: @mommywellness_parkmore

Sea Point
Shop G2, The Regent, 33 Regent Road, Sea Point
email: seapoint@mommywellness.co.za
tel: 074 882 7600
FB: Mommy Wellness Sea Point
Insta: @mommywellness_seapoint

www.mommywellness.co.za