



### MOBILE FITNESS

Our fitness personal trainers will come to your place or your nearest Gym to meet your personal fitness goal.

### MALE WORKOUT SESSIONS

8 Weeks weight loss challenge  
8 Weeks mass gain challenge  
90 day chest pump  
90 day belly burner ( R200 per workout session)

### FEMALE WORKOUT SESSIONS

90 day butt lift challenge  
12 weeks flat stomach  
90 day loss challenge  
90 day beach body(R200 per workout session)



### FULL BODY MESSAGES SWEDISH

60 minutes R800  
90 minutes R1100  
120 minutes R1400

### AROMATHERAPY

60 minutes R900  
90 minutes R1200  
120 minutes R1500

### SPORTS/DEEP TISSUE

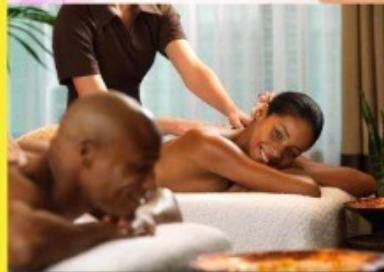
60 minutes R900  
90 minutes R1200  
120 minutes R1500

### SPECIALITY MESSAGES HOT STONES

60 minutes R950  
90 minutes R1250  
120 minutes R1550

### BACK-NECK-SHOULDERS

60 minutes R750  
90 minutes R1050  
120 minutes R1350



### THERAPEUTIC MESSAGES FOOT SCRUB & REFLEXOLOGY

30 minutes R450  
45 minutes R550  
60 minutes R650

### FULL BODY EXFOLIATION & BODY SCRUB

60 minutes R900  
90 minutes R1250  
120 Minutes R1550

### KIDDIES PACKAGE

Full body massage and foot scrub 60 minutes R650  
Full body massage, foot scrub and natural Pedicure R800  
Natural pedicure R200  
MINI Manicure R180

### FACIAL CLEANSING

Facial mud mask R450  
Facial charcoal mask R550  
Facial deep exfoliation R600

### NAILS

Manicure R250  
Pedicure R280  
Gel manicure R350  
Gel Pedicure R380  
Acrylic tips R550  
Gelish tips R450  
Gelish overlay R400  
Soak off R200

### MAKE UP

Natural R450  
Contouring and Classic R600

### Prenatal massage

45 Minutes R750  
60 minutes R1000  
90 minutes R1350

We are also available for mobile services at an extra cost.  
E.g Weddings, Baby showers  
Bridal showers,  
Business showers,  
Birthday parties.

### ADDRESS

64 King Willow Cres.  
Randjesfontein  
Midrand  
1683  
(Tholo Lodge)  
Working Hrs:  
Mon-Sun  
07:00 to 19:00

**BOOKINGS**  
**CALL / WHATSAPP**  
**078 262 5474**



Mellow Spa Midrand



mellowspamidrand



www.MellowSpaMidrand.com