Third Trimester Relief 1 ½ hrs **R 980**

Deep relief pregnancy massage + Swollen Feet Relief Pedi with polish

Baby Shower Ready 2hrs **R 1300**

pHformula Mama Glow Facial + Mommy Express Manicure w/polish + Swollen Feet Relief Pedicure w/polish & 10% off any waxing treatment

Hospital Bag Ready 2hrs **R 990**

Wellness Maternity Collection Tummy and Body oil+ Bump & Feet Express Pedicure natural polish + Brow Shape and tidy + Hospital ready hands & 10 % Off all waxing

Mama Restore Experience 2hrs 30min **R 1450**

pHformula Age Defence Facial+ Mama Restore Body Ritual & a complimentary Gift from " Wellness Maternity Collection"

MATERNITY JOURNEY MEMBERSHIPS

All Memberships will receive a complimentary "Wellness Maternity Collection Tummy & Body Oil"

Bloom Membership (3 Months) **R 2000**

Mama Glow pHformula Facial treatment (1 per month) OR Deep Relief Pregnancy Massage (1 per month) includes Mommy Express Manicure with Polish

Bump to Baby Program **R 4900**

From pregnancy → post birth.

Includes:

- 3 Deep Relief pregnancy massages (75min)
- 3 Bump & Feet express pedicures with polish (45min)
- 3 Mommy Express manicures (45min)
- 2 pHformula Mama glow facials (60min)
- Post-natal slimming and wellness consultation

CONTACT US

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fourwaysmall@perfectbody.co.za

www.perfectbody.co.za

Fourways Mall
Shop F03, Level 5 (opposite Woolworths)

OPERATING HOURS

For your convenience we are open from
Monday to Saturday 9AM-8PM
Sunday 9AM-6PM

WELLNESS MATERNITY COLLECTION

Please ask about our "Wellness Maternity Collection" Products for home use

Perfect BODY

WELLNESS MATERNITY MENU



MATERNITY SAFETY PROMISE

All maternity treatments:

- Performed after 12 weeks pregnancy
- Pregnancy-safe products only
- No harsh chemicals
- No electrical slimming devices during the pregnancy
- No deep pressure massage
- No overheating treatments

MAMA SKIN COLLECTION

Pregnancy-safe facial treatments inspired by pHformula skin philosophy – hydration, calmness, radiance and barrier support.

The treatments can be tailored for specific concerns and includes gentle resurfacing

Mama Glow (60 min) **R 750**

Restores radiance and freshness for tired or dull skin.

Redness Rescue (60 min) **R 750**

Calming facial treatment designed for reactive or sensitive skin.

Pregnancy Pigment Support (60 min) **R 750**

Gentle brightening facial treatment supporting uneven tone during pregnancy.

Mama Age-Defence Facial (75 min) **R 850**

Plumping, nourishing facial treatment promoting elasticity and glow.

MAMA COMFORT MASSAGE COLLECTION

Side-lying, supportive massage techniques tailored for pregnancy safety and comfort.

Bump Bliss Massage 60min R 600

Side-lying relaxation massage focusing on:

● Lower back ● Hips ● Shoulders ● Leg fatigue

Benefits:
✔️ Improves sleep
✔️ Reduces tension
✔️ Relieves pregnancy discomfort

Deep Relief Pregnancy Massage 75min **R 750**

Includes: Cushion-supported positioning, Gentle pressure therapy, Circulation massage

Ideal for:
✔️Second & third trimester discomfort
✔️Heavy legs

Mama Restore Body Ritual 90min **R 950**

Luxury full experience:
✔️Gentle back exfoliation
✔️Bump Bliss massage
✔️Foot & scalp massage

MAMA HANDS AND FEET COLLECTION

Comfort-driven hand and foot treatments designed for swelling relief and easy maintenance. Includes elevated leg support.

Mommy Express Mani 45min **R 330**

Express manicure with polish finish and hand massage

Mommy Mani Gel Finish 60min **R 380**

Long-lasting gel manicure ideal for busy moms-to-be.

Hospital-Ready Hands 30min **R 300**

Buff, shape and natural polish preparation.

Bump & Feet Express Pedi 45min **R 360**

Simple soothing pedicure for tired feet.

Swollen Feet Relief Pedi 60min **R 400**

Comfort pedicure with circulation-focused massage.

Mama Luxe Pedi with Gel 60min **R 400**

Luxury pedicure with chip-resistant gel polish.

MediHeel Mama Pedi 60min **R 400**

Advanced foot care for rough or dry heels.

MediHeel Mama Pedi with Gel 90min **R 500**

Paraffin Comfort add on **R 50**

MAMA GROOMING COLLECTION

Essential maintenance treatments performed with pregnancy comfort in mind.

Brow Shape & Tidy **R 150**

Brow Tint & Shape **R 290**

Underarm Wax **R 150**

Half Leg Wax **R 220**

Full Leg Wax **R 300**

Upper Lip or Chin Wax **R 180**

Pregnancy Trim Wax Bundle **R 650**

Bikini, half leg , underarm and half arm

SIGNATURE MATERNITY PACKAGES

Our most loved experiences designed around the different stages of pregnancy.

Second Trimester Glow 2hrs **R 1260**

Mama Glow Facial + Mommy Mani Gel Finish +Bump & Feet Express Pedicure