

# Packages

**Full Day Spa Treatment 8 Hours** P 3080

**Includes:**

- Manicure, pedicure with gel & paraffin dip
- Vitamin C or intensive exfoliating facial 90mins
- Swedish full body massage 90mins
- Jacuzzi/steam room or sauna - 30mins
- Breakfast & Lunch

**Half Day Spa Treatment 5 hours** P 2340

**Includes:**

- Manicure & pedicure
- Massage & facial balancing
- Light lunch or dinner

## Birthday packages

**For Ladies: 2hrs 30mins** P 1250

- Gel overlay hands
- File and Paint
- Swedish full body massage
- Complimentary drink and snacks
- Surprise Gift

**For Men: 2hrs 30mins** P 1150

- Swedish full body massage
- Mosha pedicure with paraffin dip
- Complimentary drink and snacks
- Surprise Gift

**Spa Group Events 4 hours Per person** P 920

**Minimum 15 people**

**Includes:**

- Chip & Dip platter
- Foot scrub & foot an leg massage or manicure
- Neck and back massage
- AVANI catering optional

**Spa Group Events 4 hours Per person** P 1020

**Minimum 15 people**

**Includes:**

- Chip & Dip platter
- Swedish full body massage
- Foot & leg scrub and massage
- AVANI catering optional

**Couples Spa package** P 3360

**Includes:**

- Swedish massage
- Mini Facial
- Pedicure & Complimentary lunch for 2

## Mosha Body Treatments

**Foot and leg massage 30mins** P350

*A relaxing foot massage to relieve tension in the feet and lower legs followed by a soothing pressure point massage to ease tired legs and feet*

**Neck and Shoulder massage 30mins** P350

*This massage focuses purely on the neck and shoulder areas to relieve tension of these commonly over stressed muscles.*

**Indian Head massage 30mins** P350

*Combines techniques to include various massage strokes and acupressure points. Treatment includes kneading and probing of the neck and shoulder areas. The scalp is then massaged using squeezing, tapping, rubbing or prodding motions.*

**Reflexology 30mins** P360

**Reflexology 45mins** P450

*This is an ancient treatment that focuses on the nerve locations on your feet to treat the entire body. it is a relaxing pressure point foot massage that balances the body to re-establish your energy and healing flows that relieve stress and restores harmony.*

### Body Exfoliation

*Invigorates your skin with a full body exfoliation, eliminating excess surface skin cells. Your skin is left soft, nourished and ready to absorb nutrients.*

**Mosha Sugar scrub body wrap 2hr** P1120

**Mosha Sugar scrub 1hr** P600

### ACKNOWLEDGEMENT

Clients are kindly asked to acknowledge the following when making bookings and visiting the spa.

- \* Booking should be made in advance
- \* Clients should arrive at least 10mins before their scheduled treatment time
- \* Please notify your therapist of any medical condition you have which may be affected by a treatment eg. pregnancy, heart conditions, product allergies, epilepsy and diabetes.
- \* Please bring any concerns to the attention of your therapist.
- \* Please pay a 50% deposit on all full day, Half day and Group packages
- \* 50% Deposit refundable as Vouchers.
- \* No Further discounts added to treatments that are already discounted e.g spa packages, Wednesday specials, monthly specials and pensioners discounts.
- \* Please note all prices are VAT inclusive
- \* Please note vouchers cannot be exchanged for money & will not be accepted after the expiry date.
- \* Discounts & special rates do not apply when purchasing vouchers

### Operating Hours

Mon to Sat 9am - 8pm | Sundays 9am - 5pm

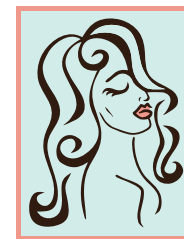
### Mosha Wellness Spa

Avani Resort 4727 Chuma Drive, Gaborone

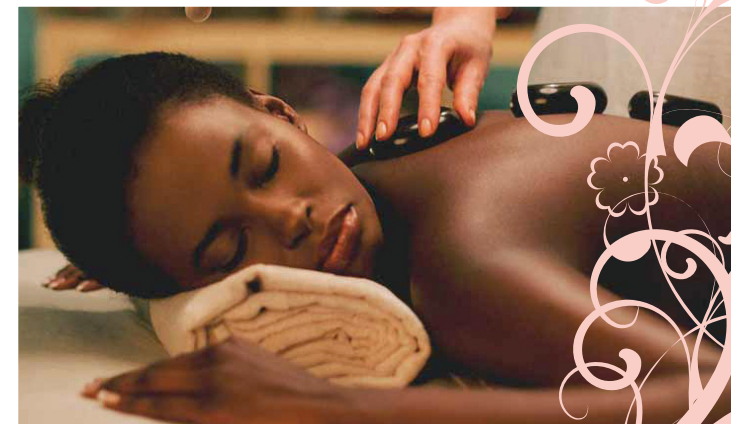
**Tel: 3164472 | 3616052**

moshabeautyspa@gmail.com

www.moshawellnessspa.com



**mosha**  
Wellness Spa



## Hair Removal Treatments

### Waxing

Lip/Chin/Brows Threading 15mins	P120
Lip/Chin/Brows Waxing 15mins	P120
Side Burns 30mins	P150
Half leg/Half Arm 30mins	P290
Full legs 60mins	P370
Underarms 15mins	P140
Full arms 45mins	P290
Brazilian 30mins	P260
Hollywood 30mins	P370
Back/Chest 30mins	P350

## Enhance your natural beauty

Eye Lash extension singles	P510
Eye Lash removal	P120
Eyelash tint	P120
Eyelash refill	P290

### Eyebrows

Eyebrow Tint	P120
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### Makeup

Bridal	P1340
Every Day	P670
Eyebrows on Fleek	P180

### Hand Treatments

Manicure Gel and soak 2hrs	P500
Mosha Manicure 60mins	P290
Soak off 2hrs	P120
Acrylic/tips soak off 45mins	P200
Gel overlay 60mins	P330
Soak off and gel overlay 1hr 20mins	P400
Tips with Gel 2hrs 15mins	P460
Poli gel overlay 1hr 20mins	P400
Poli/Acrylic gel Tips 2hr 30mins	P550
Manicure with gel 1hr 30mins	P450
Manicure with Paraffin 1hr 30mins	P350

### Express Nail Care 30mins

File and paint	P200
Buff and shine	P180

### Feet

Soak off, pedicure with Gel 2hrs	P500
Mosha pedicure 60mins	P400
Mosha pedicure with gel 1hr 30mins	P460
Medi heel pedicure with Gel	P550
Pedicure with Paraffin 1hr 30mins	P450
Medi heel pedicure	P430

### Add-on to your hands and feet treatments

Nail fix	P45
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### Nail art

Art per nail	P 15
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## Facials

### Theravine™ Balancing facial 60mins P 770

A deep-cleansing facial (for all skin types) customised to gently remove surface impurities followed by a personalised mask while utilizing specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored.

### Phytic clay mask treatment 60mins P 770

The Phytic Clay Treatment Mask (For all skin types) is a pro-active treatment that contains Mandelic, Glycolic acid and Phytic acid derived from Soybean extract. The treatment mask effectively targets hyperpigmentation, de-ageing and rejuvenation of the skin leaving it visibly brightened and rejuvenated.

### Melanovine™ Pro-Brilliance brightening facial 60mins P 880

Diminish uneven skin tone while minimizing the appearance of fine lines and wrinkles. Targeting (Pigmentation) with scientifically advanced actives and natural lightening plant extracts, this treatment will leave your skin looking luminous and feeling radiant

### Dermaplane Pro exfoliating facial P 880

Dermaplaning is a method of exfoliation that consists of using a 10 gauge scalpel to gently scrape off the top layer of dulling dead skin cells in order to reveal a smoother, brighter complexion.

### Theravine™ Hydrating facial 90mins P 990

A facial designed for extreme relaxation (for sun damaged & dehydrated skin) with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

### Acne Facial 60mins P 990

A specialized treatment recommended for oily acne-prone skin to mattify and stimulate cell renewal which prevents scarring and excessive sebum production.

Skin's micro-flora is balanced, inflammation reduced and hydration improved

### Theravine™ Professional peeling facial 60mins P 1120

The 4 tier professional-grade step-up peel system of various percentage Lactic and Glycolic Acid with Charcoal and Tartaric Acid assists to stimulate the skin's cell turnover for a more youthful and rejuvenated skin. Regular treatments improve the skin texture, fine lines and wrinkles, superficial imperfections and pigmentation while giving the overall complexion a subtle glow.

### Vitamin C facial 90mins P 1120

This is an ultra-firming, anti-ageing treatment rich in natural, organic Vitamin C and essential antioxidants. Extracted directly from the African Baobab fruit, our Vitamin C boosts collagen and elastin regeneration, making your skin appear visibly firmed, brightened and tightened. Suitable for all skin conditions.

### TCA & Chemipeel treatments & CIT 60mins P 1120

TCA Treatments will effectively refine the appearance of fine lines and wrinkles, enlarged pores and even out skin discoloration. The skin will appear visibly smoother, detexturised and radiant.

### LED Light Therapy 90mins P 1120

Uses varying wavelengths of light to help regenerate the skin, heal acne, reduce inflammation, improve complexion and build collagen.

### Ultravine™ Advance cellular gold facial 90mins P 1680

For Anti ageing, a soft 24K gold and diamond dust collagen film mask, promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal.

### Dermapen treatment 90mins P 1680

#### (Specialised treatment by appointment Only)

professional grade dermal micro-needling pen creates precise piercings into the epidermis allowing the stimulation of naturally occurring growth factors and fibroblasts, which have a regenerating effect on both the dermis and epidermis. This completely safe and effective microneedling system treats advanced skin concerns, obtains specific skin goals and delays the indicators of skin aging.

## Slimming Program

### Lipogon

This is a mixture of the existing Lipogon Injections Plus XT Cocktail to boost the fat burning process. It contains Amino Acids that assist the PPC to penetrate the fat cell faster.

P527.50 per square 10x10cm min

per square 4 areas P 2110

Cellulite per square P 450

## Swedish Therapy Massage

A light to medium pressure massage using classic massage movements to improve blood circulation, ease muscle aches and tension improve flexibility and reduce stress

Swedish back massage 30mins	P370
Swedish full body massage 60mins	P550
Swedish full body massage 90mins	P830
Swedish full body massage 2hrs	P1020

## Aromatherapy massage therapy

A Gentle massage that stimulates the lymphatic system while bringing a sense of calm and well-being to engulf your mind, body and soul.

Aromatherapy back massage 30mins	P440
Aromatherapy full body massage 60mins	P630
Aromatherapy full body massage 90mins	P880

## Deep Tissue Massage therapy

An intense massage that works core deep tissue for people requiring extra pressure in the massage techniques applied. Stretches are done before and after the massage to improve muscle tension, circulation and pain relief.

Deep tissue back massage 30mins	P460
Deep tissue full body massage 60mins	P720
Deep tissue full body massage 90mins	P980

## Hot Stone massage therapy

Using heated Basalt stones, muscles are gently heated to relieve muscle pain and relax, allowing a deeper penetration into the core of the muscle.

Hot stone full body massage 60mins	P680
Hot stone full body massage 90mins	P910
Hot stone full body massage 2hrs	P1110

## Pregnancy massage

A massage using specific prenatal techniques, to help increase circulation, relieve tired muscles, mental and physical fatigue. massages can only be done after 22 weeks.

Pregnancy back massage 30mins	P470
Pregnancy full body massage 60mins	P760

## Thai Massage

### Oil Massage

uses pressure points to stretch and loosen muscles and joints in order to release tension.

### Traditional yoga

Uses the feet, hands, elbows and knees to increase body flexibility, improve the alignment of the spinal cord and boost the immune system.

Thai massage 30mins	P470
Thai massage 60mins	P760
Thai massage 90mins	P920

## Add-on

Sauna or Jacuzzi 30mins	P340
Hot stone 30mins	P280

20% off on all full body massages (Wednesdays only)  
20% Pensioners discount