PACKAGES

MOSHA DELUXE FULL DAY SPA P5180

Includes:

- Ultravine advance cellular gold facial 90mins
- Hot stone massage + sugar scrub & wrap with sauna 2hrs
- Medi heel pedicure with gel and paraffin dip
- Manicure with gel overlay and paraffin dip
- Underarm wax
- Eyebrow shape wax
- Breakfast, Lunch & desert

FULL DAY SPA TREATMENT 8 HOURS P3900 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 P2550 Includes:

- Manicure / Gel overlay & pedicure
- Massage & facial balancing
- Light lunch or dinner

BIRTHDAY PACKAGES

For Ladies: 2hrs 30mins

P1100

- Pedicure with Gel
- Swedish back massage
- Eyebrow shape

For Men: 2hrs P1060

- Swedish full body massage
- Mosha pedicure

Spa Group Events Per person P1500

Minimum 15 people Includes:

- Chip & Dip platter
- Foot scrub & foot an leg massage /manicure 30mins
- Neck and back massage 30mins
- AVANI catering optional

SPA GROUP EVENTS PER PERSON P1900

Minimum 15 people Includes:

- Chip & Dip platter
- Swedish full body massage 60mins
- Foot & leg scrub and massage / Manicure 30mins
- AVANI catering optional

Mom to be package

- Pregnancy full body massage 60min
- Mosha pedicure 60mins with a free gel overlay or paraffin dip
- Light lunch

BRIDAL PACKAGE 5HRS

P2890pp

P1490

- Gowns branded with names to keep
- Pedicure with / paraffin dip
- Swedish full body massage
- Photography
- Light lunch and champaign
- Free makeup



MOSHA BODY TREATMENTS

Foot and leg massage 30mins

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 & SHOULDER MASSAGE 30MINS P420

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

Indian Head massage 30mins P420

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.

BODY EXFOLIATION

Invigorate 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 P1450

Mosha Sugar scrub 1hr

P1000

P420

BACK SCRUB 30MINS

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.

SPA PACKAGES

- * When booking a spa package, all treatments should be done, or you will lose the undone treatments.
- * 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,
- * Please note all prices are VAT inclusive monthly specials and pensioners discounts.
- * 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

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HAIR REMOVAL TREATMENTS - WAXING		Express Nail Care 30mins	
		File and paint	P250
Lip/Chin/Brows Waxing 15mins	P130	Buff and shine	P250
Side Burns 15mins	P170	FEET	1250
Half leg/Half Arm 30mins	P340	Soak off, pedicure with Gel 90mins	P620
Full legs 60mins	P420	Mosha pedicure 60mins	P480
Underarms 15mins	P160	Mosha pedicure with gel 1hr 30mins	P600
Full arms 45mins	P340	Pedicure with Paraffin 1hr 30mins	P600
Brazilian/Bikini line 30mins	P290		
Hollywood 30mins	P410	Add-on to your hands and feet trea	P50
Back/Chest 30mins	P360	Nail fix Art per nail	P20
Vagicial treatment 45mins	P800	For kids under 8 years, half price on 30min treatment	
Micro blading semi permanent brows	P1500	Kids 9 years full price	
Touch-up	P1200	FACIALS	
000 Diode Laces Hais Devoya		FACIALS Theravine™Balancing facial 60mins	P900
808 DIODE LASER HAIR REMOVAL		Phytic clay mask treatment 60mins	P900
pain free all skin tones from 2-5 sessions	DOFO	Melanovine Pro-Brilliance brightening facial 60mins	
Lip / Chin	P250	Dermaplane Pro exfoliating facial	P1050
Underarms	P500	Theravine [™] Hydrating facial 60mins	P950
Half arm	P800	Acne Facial 60mins	P950
Full face	P800		
Brazilian	P950	Mesoestetic depigment peel 60mins	P1200
Full arms	P1500	Theravine [™] Professional peeling facial 60mins	P1250
Full legs	P1900	Vitamin C facial 90mins	P1250
Half leg	P1000	TCA & Chemipeel treatments & CIT 60mins	P1250
Stomach / Chest / Back	P1000	LED Light Therapy 90mins	P1300
Full Back	P1500	HIFU skin tightening facial treatment 60mins	P1500
ENHANCE YOUR NATURAL BEAUTY		Ultravine [™] Advance cellular gold facial 90mins	P1700
Eye Lash extension singles	P550	Dermapen treatment 90mins package includes Collagen induction & peel, an aftercare hydration	P3000
Eye Lash removal	P150	facial & aftercare sample products	
Eyelash tint/Eyebrow tint	P150	(Specialised treatment by appointment Only)	
Eyelash refill	P350	SLIMMING PROGRAM	
Lyciasi icini	1 330	Lemon bottle slimming injections x 4 with a	
MAKEUP		cavitation session1hr	P2300
Bridal	P1500	Laser cativation with slimming injections and	
Every Day	P700	yoga 8 sessions	P6000
		Cellulite treatment - laser cavitation 8 sessions	P4000
HAND TREATMENTS		The following treatments are priced upon regu	iest
Manicure Gel and soak 1hr 45mins	P580	Scar improvement, Stretch marks	
Mosha Manicure 60mins	P320	Removal of lesions / skin tags / keratosis spots, warts, etc	
Soak off 30mins	P150	PLASMA PEN TREATMENT	
Acrylic/tips soak off 45mins	P250	skin tightening facial treatment - price on enquiry	
Gel overlay 60mins	P380	skin agricining lacial accument price on enquiry	
Soak off and gel overlay 1hr 20mins	P460	SWEDISH THERAPY MASSAGE	
Tips with Gel 2hrs 15mins	P500	A light to medium pressure massage using classic massage movements to improve blood circulation, ease muscle aches and tension improve flexibility and reduce stress	
Poli gel overlay 1hr 20mins	P500		
Poli/Acrylic gel Tips 2hr 30mins	P600	Swedish back massage 30mins	P430
Manicure with gel 1hr 30mins	P540	Swedish full body massage 60mins	P640
Manicure with Paraffin 1hr 30mins	P450	Swedish full body massage90mins	P920
		Swedish full body massage2hrs	P1120
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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 P490 Aromatherapy full body massage 60mins P750 Aromatherapy full body massage 90mins P1030

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 P510 Deep tissue full body massage 60mins P800 Deep tissue full body massage 90mins P1100

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 P750 Hot stone full body massage 90mins P980 Hot stone full body massage 2hrs P1200

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 P520 P810 Pregnancy full body massage 60mins

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.

P520 Thai massage 30mins Thai massage 60mins P830 P1080 Thai massage 90mins

MANUAL LYMPHATIC MASSAGE & SAUNA 90mins P1100

P370

YOGA SESSION

Tuesday at 6pm and Saturday at 10am P150 per class

ADD-ON

Sauna or Jacuzzi 30mins Hot stone 30mins 20% off on all full body massages (Wednesdays only) 20% Pensioners discount