

# Packages

**Mosha Deluxe full day spa** P4980  
**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** P3700  
**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** P2400  
**Includes:**  
 - Manicure / Gel overlay & pedicure  
 - Massage & facial balancing  
 - Light lunch or dinner

**Birthday packages**  
**For Ladies: 2hrs 30mins** P1450  
 - Pedicure with Gel  
 - Swedish back massage  
 - Eyebrow shape  
 - Surprise Gift

**For Men: 2hrs 30mins** P1420  
 - Swedish full body massage  
 - Mosha pedicure  
 - Surprise Gift

**Spa Group Events Per person** P1200  
**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** P1400  
**Minimum 15 people**  
**Includes:**  
 - Chip & Dip platter  
 - Swedish full body massage 60mins  
 - Foot & leg scrub and massage / Manicure 30mins  
 - AVANI catering optional

## Mosha Body Treatments

**Foot and leg massage 30mins** P360

*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** P360

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

**Indian Head massage 30mins** P360

*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** P380

**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** P1200

**Mosha Sugar scrub 1hr** P800

### 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, 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

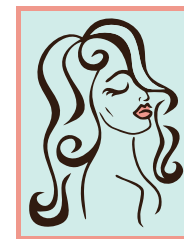
### Mosha Wellness Spa

Avani Resort 4727 Chuma Drive, Gaborone

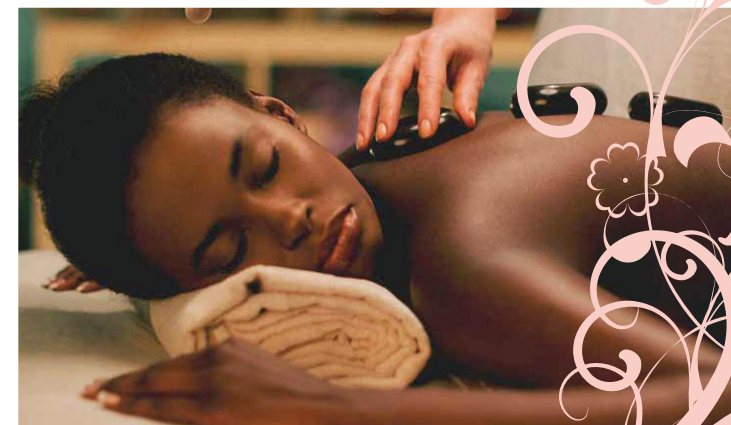
Tel: 3164472 | 3616052

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 15mins               | P150 |
| Half leg/Half Arm 30mins        | P290 |
| Full legs 60mins                | P370 |
| Underarms 15mins                | P140 |
| Full arms 45mins                | P290 |
| Brazilian/Bikini line 30mins    | P260 |
| Hollywood 30mins                | P370 |
| Back/Chest 30mins               | P350 |

### Enhance your natural beauty

|                            |      |
|----------------------------|------|
| Eye Lash extension singles | P510 |
| Eye Lash removal           | P120 |
| Eyelash tint/Eyebrow tint  | P120 |
| Eyelash refill             | P290 |
| Eyelash Lift               | P550 |

### Makeup

|                   |       |
|-------------------|-------|
| Bridal            | P1340 |
| Every Day         | P670  |
| Eyebrows on Fleek | P180  |

### Hand Treatments

|                                     |      |
|-------------------------------------|------|
| Manicure Gel and soak 1hr 45mins    | P550 |
| Mosha Manicure 60mins               | P300 |
| Soak off 30mins                     | P120 |
| Acrylic/tips soak off 45mins        | P200 |
| Gel overlay 60mins                  | P350 |
| Soak off and gel overlay 1hr 20mins | P430 |
| Tips with Gel 2hrs 15mins           | P460 |
| Poli gel overlay 1hr 20mins         | P400 |
| Poli/Acrylic gel Tips 2hr 30mins    | P550 |
| Manicure with gel 1hr 30mins        | P500 |
| Manicure with Paraffin 1hr 30mins   | P400 |

### Express Nail Care 30mins

|                |      |
|----------------|------|
| File and paint | P200 |
| Buff and shine | P200 |

### Feet

|  |      |
|--|------|
| Soak off, pedicure with Gel 90mins     | P600 |
| Mosha pedicure 60mins                  | P450 |
| Mosha pedicure with gel 1hr 30mins     | P550 |
| Medi heel pedicure with Gel 1hr 45mins | P580 |
| Pedicure with Paraffin 1hr 30mins      | P550 |
| Medi heel pedicure 1hr 30mins          | P500 |

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

|  |     |
|--|-----|
| Nail fix                                       | P45 |
| Art per nail                                   | P15 |
| (Kids from 0-8years, half price)               |     |
| (Kids from 9years full price 30min treatments) |     |

## Facials

|  |       |
|--|-------|
| Theravine™Balancing facial 60mins  | P850  |
| Phytic clay mask treatment 60mins  | P850  |
| Melanovine™Pro-Brilliance brightening facial 60mins  | P900  |
| Dermaplane Pro exfoliating facial  | P900  |
| Theravine™Hydrating facial 60mins  | P900  |
| Acne Facial 60mins   | P900  |
| Theravine™Professional peeling facial 60mins   | P1200 |
| Vitamin C facial 90mins  | P1200 |
| TCA & Chemipeel treatments & CIT 60mins  | P1200 |
| LED Light Therapy 90mins   | P1300 |
| Ultravine™Advance cellular gold facial 90mins  | P1700 |
| Dermapen treatment 90mins package  | P2900 |
| includes Collagen induction & peel,<br>a aftercare hydration facial & aftercare sample products<br>(Specialised treatment by appointment Only) |       |

## 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.

|                              |       |
|------------------------------|-------|
| P600 per square 10x 10cm min |       |
| per square 4 areas           | P2300 |
| Cellulite per square         | P600  |

## Plasma Pen Treatment

|  |        |
|--|--------|
| Forehead 30mins                            | P3000  |
| Frown 20mins                               | P1500  |
| Forehead & Frown 60mins                    | P3500  |
| Upper eyelid lift 30-45mins                | P3000  |
| Lower eyelid lift 30-45mins                | P3000  |
| Top & bottom eyelid lift 60mins            | P5000  |
| Top Lip 30-45mins                          | P1700  |
| Bottom Lip 30-45mins                       | P1700  |
| Top & Bottom Lip lift 60mins               | P3000  |
| Mid face lift 60mins                       | P5000  |
| Nasolabial fold lift 60mins                | P2000  |
| Jaw lift 30mins                            | P2000  |
| Neck lift including Jaw 45mins             | P3000  |
| Full face lift including neck & jaw 90mins | P10000 |

### The following treatments are priced upon request

|  |   |
|--|---|
| Scar improvement   | P |
| Stretch marks  | P |
| Removal of lesions / skin tags / keratosis spots, warts, etc | P |

## 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      | P380  |
| Swedish full body massage 60mins | P570  |
| Swedish full body massage 90mins | P850  |
| Swedish full body massage 2hrs   | P1050 |

## 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      | P450 |
| Aromatherapy full body massage 60mins | P700 |
| Aromatherapy full body massage 90mins | P980 |

## 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 | P750  |
| Deep tissue full body massage 90mins | P1050 |

## 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 | P700  |
| Hot stone full body massage 90mins | P930  |
| Hot stone full body massage 2hrs   | P1150 |

## 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 | P780  |
| Thai massage 90mins | P1030 |

## Add-on

|                         |      |
|-------------------------|------|
| Sauna or Jacuzzi 30mins | P350 |
| Hot stone 30mins        | P300 |

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