



MAGGIE'S
P&P MASSAGE

MAGGIES WELLNESS SPA CATALOGUE



Welcome

At Maggie's Pregnancy & Postpartum Wellness Spa, we believe motherhood deserves gentle, intentional care.

From pregnancy to postpartum and beyond, your body is constantly transforming. Our treatments are thoughtfully designed to help you relax, restore, and reconnect with yourself and your baby.

This is a space where you can slow down.

Where you can breathe deeply.

Where you can feel supported every step of the way.

Because caring for you is part of caring for your baby.



“—————

Gentle. Holistic. Restorative. Empowering.

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Regular Services



Massage Services

Therapeutic treatments designed to relieve tension, improve circulation, and promote deep relaxation.

Massage – 30 Minutes

A focused relaxation massage targeting areas of tension to ease stress and restore comfort.

Ksh 3,500

Massage – 60 Minutes

A full-body therapeutic massage designed to relax muscles and improve overall well-being.

Ksh 5,000

Massage – 90 Minutes

An extended massage experience allowing deeper muscle relief and complete body relaxation.

Ksh 7,000

Hot Stone Massage

A soothing therapy using warm stones to melt away tension and promote deep muscular release.

Ksh 7,500

Foot Reflexology

A pressure-point foot therapy that supports internal balance and full-body relaxation.

Ksh 3,900



Body & Skin Treatments

Restorative treatments that sculpt, detoxify, and nourish your skin.



Belly Binding

Ksh 4,500

A supportive wrap therapy that helps tone the abdominal area and promote body recovery.

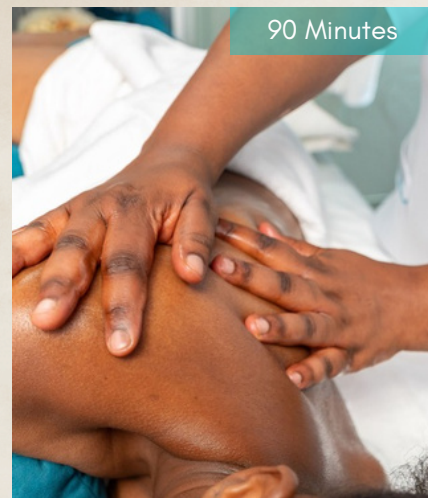


60 Minutes

Lymphatic Facial

Ksh 4,500

A gentle facial massage technique that reduces puffiness and enhances skin glow.



90 Minutes

Lymphatic Full Body

Ksh 7,000

A detoxifying treatment that stimulates lymph flow to reduce swelling and improve circulation.



Facial

Ksh 4,500

A cleansing and hydrating facial tailored to refresh and revitalize your skin.



Advanced Facial

Ksh 6,000

A targeted skin treatment designed to improve texture, tone, and overall radiance.



Waxing & Targeted Skin Care

Professional grooming and skin-brightening treatments for smooth, confident skin.

Bikini Waxing

Gentle hair removal for a clean and smooth finish.

Ksh 1,900

Brazilian Waxing

Complete intimate waxing for long-lasting smoothness.

Ksh 3,000

Underarm Waxing

Quick and effective underarm hair removal.

Ksh 900

Half Arm Waxing

Gentle hair removal for a clean and smooth finish.

Ksh 1,200

Full Arm Waxing

Complete arm waxing for a smooth, polished look.

Ksh 2,000

Belly Waxing

Gentle removal of unwanted abdominal hair.

Ksh 1,650



Half Leg Waxing

Hair removal from upper or lower leg.

Ksh 1,800

Full Legs Waxing

Complete leg waxing for silky smooth skin.

Ksh 3,000



Hyperpigmentation Treatments

Targeted treatments designed to improve uneven skin tone and restore smooth, radiant skin.



Armcial

A gentle brightening treatment designed to improve underarm discoloration and promote even skin tone.

Ksh 1,000



Armcial + Underarm Waxing

A combined treatment that removes unwanted hair while improving skin texture and tone.

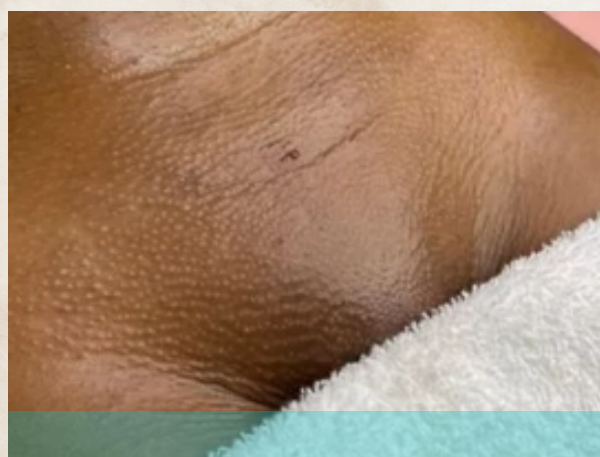
Ksh 1,900



Vajacial + Bikini

A soothing intimate skin treatment paired with bikini waxing to promote clarity and smoothness.

Ksh 4,500



Vajacial + Brazilian

A complete intimate care treatment that enhances skin renewal and long-lasting smoothness.

Ksh 5,000



Prenatal Wellness

Gentle care for a beautiful journey.

Thoughtfully designed treatments to support you through every stage of pregnancy.

Our prenatal therapies help ease discomfort, improve circulation, and promote deep relaxation for both mother and baby.



Prenatal Signature Experiences

1. Divine Mother's Touch (3-9 Months)

A soothing prenatal experience using gentle massage techniques to support your changing body.

60 Min



- Pregnancy Massage

Ksh 6,000

90 Min



- Pregnancy Massage
- Glow Facial

Ksh 9,000

1 Hr 45 Min



- Foot Bath
- Pregnancy Massage
- Head Relaxation
- Face Lifting Massage
- Wellness Bites

Ksh 12,500

2 Hrs



- Body Scrub
- Prenatal Massage
- Head Relaxation
- Breast Massage
- Wellness Bites

Ksh 13,200

2. Bump Luxe Facial (3–9 Months)

A holistic prenatal ritual designed to restore balance and nurture emotional connection.



75 Min

- Belly facial
- Foot massage
- Pelvic massage

Ksh 8,535

- Stretchmark care
- Reduces dryness & irritation
- Pelvic relief
- Improved elasticity

3. Unveil: The Birth Ready Ritual (37–42 weeks)

A holistic prenatal ritual designed to restore balance and nurture emotional connection.



3 Hrs

- Labor reflexology
- Induction massage
- Skin therapy + hair removal
- Wellness bites

Ksh 21,345

- Encourages smoother delivery
- Relieves cramps
- Boosts relaxation
- Reduces anxiety

4. Earth Mama Healing (3–9 Months)

A holistic prenatal ritual designed to restore balance and nurture emotional connection.



3.5 Hrs

- Prenatal massage
- Belly facial
- Skin therapy
- Happy feet retreat
- Floral décor

Ksh 31,800

- Pain & swelling relief
- Improved energy
- Emotional & spiritual balance

PRENATAL PACKAGES

1. Mama Haven Package (After 35 Weeks)

A sanctuary of comfort for mothers in their final stretch.

Choose one of the following experiences:



Embrace & Nourish

- Prenatal massage
- Scalp massage
- Belly facial
- Wellness bites

Prepare & Empower

- Prenatal massage
- Labor reflexology
- Herbal foot bath
- Wellness bites



Restore & Glow

- Prenatal massage
- Scalp massage
- Breast massage
- Glow facial
- Wellness bites

Ksh
40,000

2. Elegant Pregnancy Package (37–42 weeks)

A luxurious celebration of motherhood, perfect for baby showers or gifting.

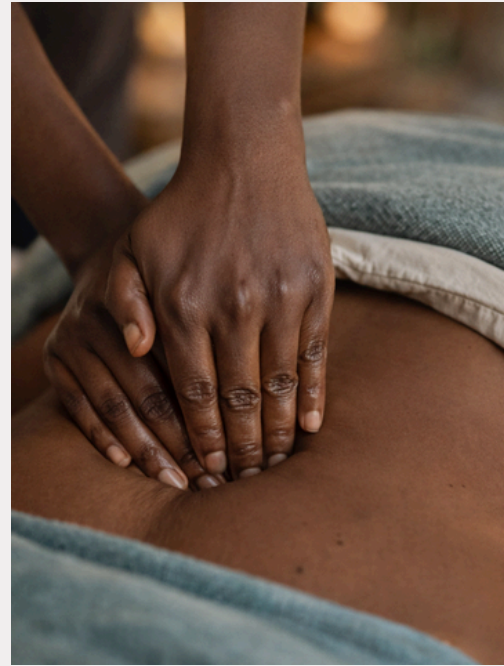


4 Hours

- Four-hand holistic prenatal massage
- Bump Luxe facial
- Pure skin therapy
- Happy feet retreat

Ksh 40,000

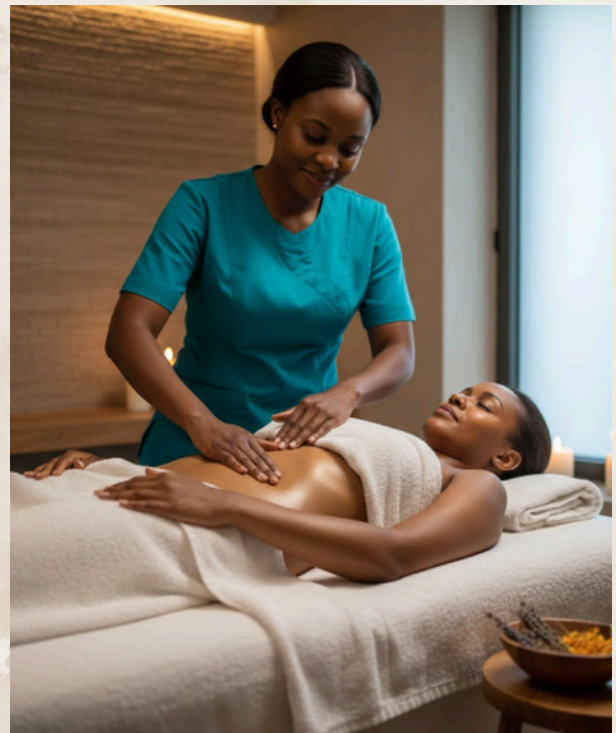
- Floral décor
- Wellness gift box
- 20 edited professional photos/videos



Postpartum Recovery

Thoughtfully designed treatments to support a mother's healing journey after childbirth.

These therapies help restore strength, relieve tension, balance hormones, and encourage overall recovery during the fourth trimester.



POSTPARTUM THERAPIES

1. Renew & Restore Postpartum Therapy

(From 1 Week After Birth – Vaginal Delivery)

A restorative treatment designed to help your body gently recover after childbirth while providing comfort and support during early postpartum healing.



Includes:

- Pelvic & back massage
- Mum rocking therapy
- Belly binding support
- Maggie's herbal womb healing

Benefits:

- Supports abdominal recovery
- Promotes uterine healing
- Improves posture & reduces back pain
- Provides emotional comfort

75 Minutes – Ksh 6,500

90 Minutes – Ksh 9,000

2. Postpartum Healing Therapy

(From 2 Weeks After Delivery)

A holistic therapy designed to restore energy, support hormonal balance, and strengthen the body during the postpartum period.

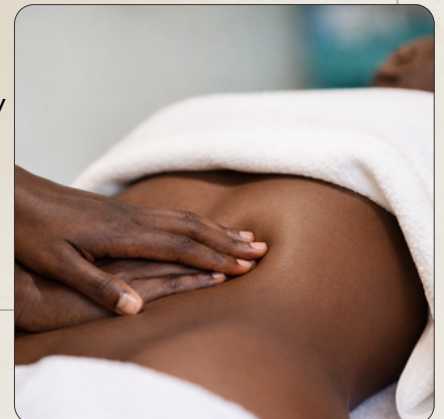
Includes:

- Foot bath
- Divine breast release
- Herbal womb healing
- Belly binding therapy
- Maggie's wellness bites

Benefits:

- Improves circulation and recovery
- Supports pelvic healing
- Reduces fatigue and stress
- Encourages restful sleep

2 Hours – Ksh 14,250



3. Post-Birth Balance Massage

(From 4 Weeks After Birth)

A soothing therapy designed to help new mothers realign the body and regain strength after childbirth.



Includes:

- Foot bath
- Postnatal holistic massage
- Maggie's wellness bites

Benefits:

- Relieves muscle tension
- Supports pelvic realignment
- Improves posture and flexibility
- Boosts energy levels

2 Hours – Ksh 11,320

4. Golden Recovery Therapy

(From 4 Weeks Postpartum)

A luxurious restorative therapy designed to nurture the body, mind, and spirit after childbirth.

Includes:

- Postnatal healing massage
- Herbal womb therapy
- Pure skin therapy
- Foot bath
- Flower décor
- Maggie's wellness bites

Benefits:

- Supports abdominal muscle recovery
- Reduces stress and fatigue
- Encourages deep relaxation
- Promotes emotional well-being

3 ½ Hours – Ksh 31,800



POSTPARTUM RECOVERY PACKAGES

3-Day Recovery Package

Price: Ksh 21,000

Includes:

- Postpartum massage
- Herbal hot ball therapy
- Breast massage
- Belly wrap therapy
- Baby herbal bath & baby massage



5-Day Recovery Package

Price: Ksh 35,000

Includes:

- Postpartum massage
- Herbal hot ball therapy
- Breast massage
- Relaxation massage
- Uterine reposition massage
- Herbal uterine steam
- Baby massage & baby herbal bath

7-Day Recovery Package

Price: Ksh 50,000

Includes:

- Postpartum massage
- Herbal hot ball therapy
- Face lifting massage
- Body relaxation therapy
- Uterine steam therapy
- Baby massage & herbal bath



10-Day Recovery Package

Price: Ksh 67,500

Includes:

- Postpartum massage
- Herbal hot ball therapy
- Breast massage
- Belly wrap therapy
- Uterine reposition massage
- Slimming massage
- Baby massage



14-Day Recovery Package

Price: Ksh 92,000

Includes:

- Postpartum massage
- Herbal hot ball therapy
- Breast massage
- Belly wrap therapy
- Uterine steam therapy
- Face lifting massage
- Baby massage & herbal bath

21-Day Recovery Package

Price: Ksh 135,000

Includes:

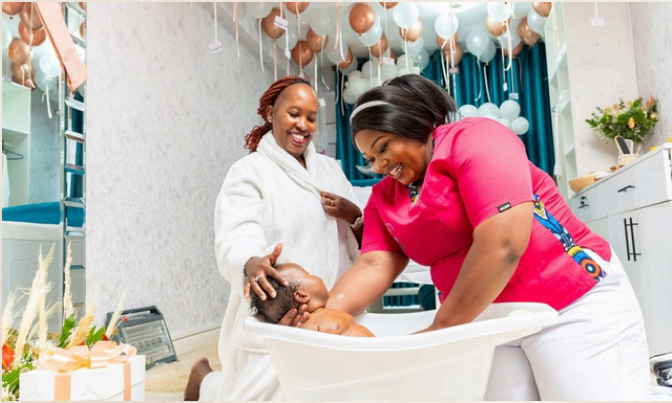
- Postpartum massage
- Herbal hot ball therapy
- Breast massage
- Belly wrap therapy
- Fourth trimester restoration therapy
- Specialized relaxation massage
- Baby massage & herbal bath



For full package details and personalized recovery plans, please visit our website or speak with our wellness team.

Baby Experiences

Gentle treatments and experiences designed to nurture your baby's early development while strengthening the bond between mother and child.



1. Little Hands, Big Love

Suitable from 6 Weeks after Birth

2-5 HOURS - KSH 22,740

Includes:

- Baby bath & baby massage
- Full body postpartum massage for mum
- Divine breast release
- Hand treatment
- Foot soak
- Maggie's wellness bites



2. Golden Steps

For Babies Aged 0-12 Months

2 HOURS - KSH 28,000

Includes:

- Personalized milestone photoshoot
- Baby bath & gentle massage
- Curated baby gift basket
- 20 edited photos & custom video
- Keepsake memory moments



3. Palm to Soul

A Motherhood Celebration (For 1-2 Guests)

4 HOURS - KSH 40,000

Includes:

- Four-hand holistic postnatal massage
- Herbal womb healing therapy
- Happy feet retreat
- Divine breast release
- Pure skin therapy
- Floral décor experience



4. Harmony After Loss

Post-Loss Healing Therapy

3 HOURS - KSH 23,450

Includes:

- Womb cleansing and healing therapy
- Gentle healing massage
- Sound meditation session
- Relaxing foot bath
- Maggie's wellness bites

Self-Care Services

Our signature self-care rituals are designed to nourish the skin, restore energy, and celebrate feminine well-being.



1 HOUR - KSH 5,700

1. Pure Skin Therapy

A restorative skin ritual designed to purify, hydrate, and rejuvenate the body using herbal treatments and nourishing oils.

Includes:

- Full-body exfoliation and herbal mask
- Hot oil hydration therapy
- Herbal skin infusion treatment



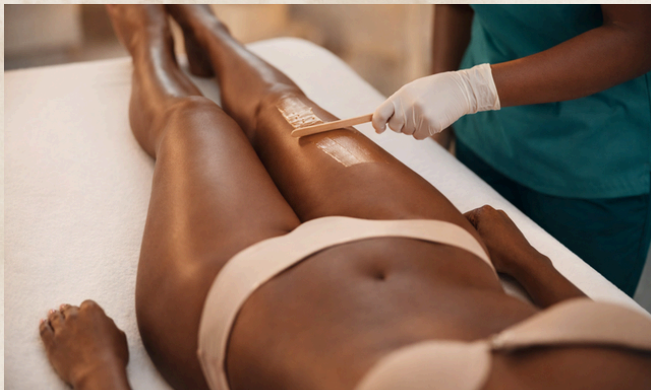
1 ½ HOURS - KSH 8,535

2. Foot Wellness Ritual

A soothing therapy designed to restore tired feet, improve circulation, and promote deep relaxation through reflexology and herbal care.

Includes:

- Foot cleansing and restoration therapy
- Reflexology massage
- Hand treatment
- Maggie's wellness bites



75 MINUTES - KSH 5,300

3. Bare & Beautiful

A feminine care treatment designed to maintain hygiene, smoothness, and confidence through gentle grooming and skin care.

Includes:

- Wax or trim treatment
- Vajacial skin therapy
- Underarm treatment
- Ingrown hair extraction



1 HOUR - KSH 5,700

4. Goddess Renewal

A calming ritual combining herbal steam and therapeutic massage to restore feminine balance and relieve body tension.

Includes:

- Feminine herbal steam therapy
- Deep back relaxation massage



MAGGIE'S
P&P MASSAGE

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