



MASSAGE

AROMATHERAPY FULL BODY MASSAGE

**60 MIN
90 MIN**

**R550
R650**

Relaxing, flowing, softer massage performed with essential oils derived from plant material, chosen according to the effect one wants to achieve on the body. This holistic massage stimulates lymph and blood flow, therefore leaving the body feeling balanced, detoxified and relaxed.

AROMATHERAPY BACK AND NECK MASSAGE

30 MIN

R450

Softer, relaxing massage performed on the back and neck area, using aromatherapy oils. A wonderful treatment for stiff, tired muscles.

SWEDISH FULL BODY MASSAGE

**60 MIN
90 MIN**

**R500
R600**

A relaxing and rejuvenating full body massage, which increases the oxygen flow in the blood, as well as releases toxins from the tissue. This massage makes use of a more medium pressure and provides the ultimate sense of well-being.

SWEDISH BACK AND NECK MASSAGE

30 MIN

R350

A therapeutic massage to ease neck and shoulder tension. This treatment alleviates aches and pains in addition to keeping the muscles supple.



PRE-NATAL MASSAGE

45 MIN

R450

This massage supports the physiologic, structural, and emotional well-being of both mother and fetus.

DEEP TISSUE MASSAGE

60 MIN

R600

90 MIN

R700

This is a deep pressure massage, that focuses on re-aligning deeper layers of muscle and connective tissue. It will be especially helpful for chronically tense and contracted areas, such as stiff necks, lower back tightness, and sore shoulders.

HOLISTIC TREATMENTS

INDIAN HEAD MASSAGE

30 MIN

R350

This massage includes the upper part of the back, the neck, shoulders, arms, scalp, chest and face. This treatment is performed on the pressure points of the neck, scalp and face and has amazing relaxation properties.

HOT STONE MASSAGE

60 MIN

R600

This form of massage involves the use of heated stones that is applied to the body in various ways, to bring relief to stiff and sore muscles. This therapy is very effective in creating harmony and a positive energy; thus promoting a sense of balance, energy and peace.

LOMI - LOMI MASSAGE

90 MIN

R800

This is a flowing, nurturing and deep form of Hawaiian Massage. This is an ancient Hawaiian Healing Art that makes use of the forearm movement. This massage will heal Body, Mind and Soul.

REFLEXOLOGY

45 MIN

R450

Reflexology is a holistic treatment and works on the principle that the whole body and its organs are represented on the feet. Using different pressure points and massage techniques, this relaxing treatment heals the body and various systems.



BODY TREATMENTS

SALT SCRUB

30 MIN

R350

The exfoliation of the entire body, by using Dermalogica Hydro-Active Mineral Salts, re-mineralizes the skin as it smoothes and polishes the body. These salts contain soothing essential oils that cleanse the body. Experience Stress Reduction and Detoxifying results.

ENERGISING BODY PACK

60 MIN

R750

30 MIN

R450

An Uplifting Body Treatment for a stressed and tired body. This Therapeutic treatment will leave the body feeling refreshed and moisturised. The treatment involves being covered in an energising, aromatic oil, whilst being cocooned in an insulating blanket, in order to release toxins.

POWER RECOVERY PACK

60 MIN

R750

30 MIN

R450

An intense hydrating and aromatic treatment performed in the same manner as the Energising Body Pack, but with a much more hydrating effect. This treatment is ideal for the body that has been over - exposed to the sun.



STRESS RELIEF BODY PACK

60 MIN
30 MIN

R750
R450

An intense hydrating and stress-reducing treatment, specifically designed for the bodies exposed to today's fast – paced life. This treatment is performed in a similar manner to the Energising Body Pack.

ENZYMATIC SEA MUD PACK

60 MIN
30 MIN

R750
R450

This is a treatment that improves blood circulation. The Enzymatic Sea Mud Pack is heated, it is applied to the body, after which the body is wrapped in an insulating blanket. The body is then toned and moisturised. The result - a relaxed, replenished skin.



HYDRATING HAIR PACK **30 MIN** **R300**

This is a conditioning hair and scalp treatment. The treatment includes the application of a Scalp Tonic and the massaging of the scalp with Conditioning hair oil, as well as the application of a highly nourishing Protein Hair Mask. This is a very relaxing treatment and it improves the texture of the scalp and the hair.

TOTAL WELLNESS BODY TREATMENT **90 MIN** **R1200**

This treatment consists of a full body scrub, the application of one of the Body Packs and a 45 min Swedish Full Body Massage or a 45 min Facial, after which the skin will be toned, moisturised and rejuvenated.

WAXING

Full leg wax	R280
3/4 leg wax	R250
_ leg wax	R200
Bikini wax	R150
G-String Wax	R180
Brazillian Wax / Hollywood Wax	R210
Arm wax	R150
Underarm wax	R110
Lip & Chin Wax	R110
Lip wax	R 50
Eyebrow wax	R 60
Eyebrow Shape (Tweezer)	R 80
Back wax	R220
Chest Wax	R20



HAND, FOOT AND NAIL TREATMENTS

DELUXE MANICURE

60 MIN

R350

Beautiful, younger- looking hands just became possible with OPI. This deluxe manicure buffs away dullness, whilst you enjoy the alluring aromas and receive a relaxing, nourishing paraffin dip. It will leave your hands revitalized, renewed and protected.

DELUXE PEDICURE

60 MIN

R450

Tired Feet? Indulge in an OPI Deluxe Pedicure. We will buff away the miles you have walked and nourish and destress your feet with exclusive, natural botanical extracts and vitamin complexes. We will pamper your feet with a paraffin dip and perfect the nail with shades that will compliment your look.

MANLY – CURE HANDS

60 MIN

R300

30 MIN

R200

Gentlemen, we have not forgotten about you! Have the same experience than what the ladies do, but with a little less colour, unless requested otherwise!

MANLY – CURE FEET

60 MIN

R400

Gentlemen here is a message for you...Be sure not to miss out on this extremely relaxing foot treatment that will leave the feet feeling softer and lighter.

CUT AND FILE

R100

FILE AND PAINT

R150

PARAFFIN HAND OR FOOT DIP

30 MIN

R200

A warm, nourishing paraffin dip is used for your hands or feet. This treatment moisturises the skin leaving it soft and glowing. A relaxing treatment that nourishes the skin and soothes aching muscles.



FACIAL TREATMENTS

EYELASH

R100

Colouring of the eyelashes by applying different coloured tints to them. Darker colours will last up to four weeks.

EYEBROW TINT

R100

Colouring of the eyebrows by applying different colour tints. The colour of the eyebrows should be determined by the complexion and can be coloured black, brown or grey. The colour will last from three to six weeks.

EYELASH TINT, EYEBROW TINT AND SHAPING

R200

This treatment consists of the correct shaping of the eyebrows by either waxing or tweezing the brows and it includes the tinting of the eyelashes and eyebrows.



DERMALOGICA QUICK FIX FACIAL

45 MIN

R450

This is a mini facial which consists of the cleansing and toning of the skin, exfoliation, a pressure point massage, masque and moisturiser application. A relaxing, but a quick effective facial, leaving the skin feeling exfoliated and hydrated with a natural glow.

CUSTOMIZED FACIAL

60 MIN

R500

A facial treatment consisting of the basic facial routine and added serums. This treatment will be done according to individual needs. The facial will include a complimentary full facial mapping.

MULTIVITAMIN POWER FACIAL

60 MIN

R600

This is a facial treatment for a specific skin condition like pre-mature aging, hypo/hyper pigmentation and it is wonderful for treating tired, dull skin. The introduction of vitamins to the skin decreases the appearance of lines and wrinkles and makes the skin appear softer, improving texture. It will leave your skin radiant and glowing.

ANTI-AGEING AGE SMART FACIAL

90 MIN

R750

Kick those lines away with powerful ingredients and vitamins. Sun, smoke, pollution are a few of our greatest enemies, they are called free radicals. Exposure to these free radicals everyday cause our skins to age dramatically. Best solution, ANTI-OXIDANTS which we find in potent exclusive ingredients that will leave our skin smiling. The introduction of vitamins to the skin helps decrease the appearance of lines and wrinkles almost immediately. Remember it is never too LATE.

Extra's

SPECIALISED MASK - a mask that is chosen specifically for your special skin type

R190

SPECIALISED EXFOLIANT – Is a stronger Alpha Hydroxy Acid (AHA) exfoliant that will leave your skin revitalised, smoother, softer and radiant.

R190

