

# WELLNESS TREATMENTS

## WELLNESS SPA & MASSAGE

### Deep Tissue Massage

60 Min R750.00

90 Min R1000.00

Aimed at the deeper structures of your muscles, deep tissue massage uses similar techniques to Swedish massage with a more intense pressure focused on chronic muscle tension, stiffness & knots. Using a blend of relaxing and detoxifying essential oils used to deeply penetrate muscle tissues, freeing you from aches & pains.

### Swedish Massage

60 Min R750.00

90 Min R1000.00

Relaxing & invigorating, this massage utilizes smoothing & friction techniques that apply pressure to restore blood flow to the heart and release toxins from the muscles. Our Swedish massage soothes the nervous system and relieves tension.

### Hot Stone Massage

60 Min R750.00

90 Min R1000.00

Warm volcanic stones infused with an energising oil blend are used to heat, relax & remove blockage within the muscle tissue. The warmth of the stones provides an effective therapeutic massage with a gentler pressure as compared to a deep tissue massage. Expect deep relaxation, harmony & an overall feeling of well-being.



***Please notify us of your treatment requirements in advance.  
These treatments are carried out by our professional Beauty  
Consultant.***

# WELLNESS TREATMENTS

## WELLNESS SPA & MASSAGE

### Indian Head Massage and Hands & Feet

*60 Min R750.00*

This massage works the back, shoulders, upper arms, neck, scalp, ears & face using firm & gentle rhythmic movements that stimulate marma points releasing everyday stress, tension. A mineral-rich foot soak, exfoliation and massage for lower legs and feet. While you sit back and relax, we massage your hands and cuticles too.

### Swedish Massage & Hands and Feet

*90 Min R1000.00*

This massage utilizes smoothing & friction techniques that apply pressure to restore blood flow to the heart and release toxins from the muscles. Our Swedish massage soothes the nervous system and relieves tension. A mineral-rich foot soak, exfoliation and massage for lower legs and feet. While you sit back and relax, we massage your hands and cuticles too.



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