

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

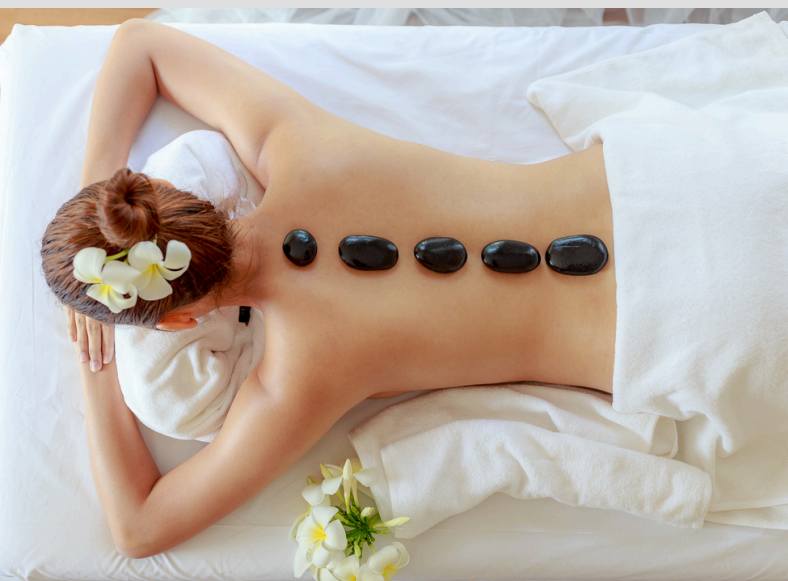
Relaxing & invigorating, this massage utilizes smoothing & friction techniques that apply pressure to restore blood flow to the heart and release toxins from the muscles. Our Swedish massage soothes the nervous system and relieves tension.

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, HAND AND FEET MASSAGE

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, HAND AND FEET MASSAGE

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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