

Spa Services Offered

Description	Time	Price
1. Basic Facial – Cleanse, exfoliate and nourish your skin naturally through a relaxing treatment that improves circulation, firms and tones your skin.	25min	R 200
2. Hand Treatment – Exfoliation of hands and forearms followed by a relaxing massage of the same area	25min	R 200
3. Foot Treatment – Exfoliation of feet and lower leg area followed by a relaxing massage of the same area	25min	R 200
4. Indian Head Massage – This ancient massage technique has been practiced for many years. Through the power of touch you will receive a relaxing shoulder and head massage to remove stress and to experience a feeling of calmness and serenity.	25min	R 200
5. Scalp Treatment – Neutralise and treat your hair and scalp with a conditioning scalp treatment.	25min	R 200
6. Full Body Exfoliation – Exfoliate with a salt scrub leaving your skin refreshed and revitalised.	30min	R 200
7. Full Body Exfoliation & Mud Wrap – Exfoliate with a salt scrub, apply mud and lie wrapped allowing the absorption of minerals, leaving your skin refreshed and revitalised.	45min	R 400
8. Back Exfoliation – Exfoliate with a salt scrub leaving your skin refreshed and revitalised.	20min	R 150
9. Back Exfoliation & Mud Wrap – Exfoliate with a salt scrub, apply mud and lie wrapped allowing the absorption of minerals, leaving your skin refreshed and revitalised.	30min	R 250
10. Basalt Hot Stone Massage – A massage with pre-heated earth stones that releases their energy to relieve pain and stress. It also helps to detoxify the body.	(full) 55min	R 400
	(back) 25min	R 200
11. Aroma Massage – A gentle massage with the use of aroma oils.	(full) 55min	R 400
	(back) 25min	R 200
12. Swedish Massage – A deep tissue massage for relief of tension and stress.	(full) 55min	R 400
	(back) 25min	R 200
13. Reflexology Feet – A massage technique created by William Fitzgerald which works on the principle of homeostasis and through this treatment it's possible to stimulate the different organs of the body to bring about balance.	25min	R 200
14. 4-in-1 – Exfoliate with salt scrub, apply mud and lie wrapped, allowing the absorption of minerals while receiving a revitalising basic facial. The treatment is completed with a full body moisturising treatment, leaving the skin refreshed and rejuvenated from top to toe.	90min	R 500
15. Hydro Treatments – Enjoy a relaxing Jacuzzi Bath filled with jets and bubbles.	(Hydro) 25min	R 60
16. Sauna Treatments – Enjoy a relaxing treatment in an infra-red sauna to rid your body of unwanted toxins.	15min	R 60
17. Swimming pool – Open to all our guests.		

Revised 20/04/2010

Limited Offer

