



WELLNESS TREATMENTS MENU

Treatments: 10am - 5pm
Pool: 10am - 6pm

Wellbeing is the seat of our search for
connection and appreciation.

Its achievement lies in our embrace of the
diverse tools nature provides

through others, plants, earth and sky

the physical and the incorporeal in sym-
pathy.

**To make your booking, please speak to
reception.**

TOUCH

SWEDISH MASSAGE

60'

For relaxation and tension relief. Expect kneading long strokes, deep circular movements, passive joint movements to relax you, stimulate nerve endings and increase blood flow and lymph drainage.

R600

DEEP TISSUE MASSAGE

75'

For relaxation and tension relief. Expect kneading long strokes, deep circular movements, passive joint movements to relax you, stimulate nerve endings and increase blood flow and lymph drainage.

R800

BACK, NECK AND SHOULDER MASSAGE

30' / 45'

Massage focus's purely on the back and shoulder areas to relieve tension of these commonly overstressed muscles.

R450 / R500

INDIAN HEAD, NECK AND SHOULDER MASSAGE

30'

An ancient therapeutic treatment that has been practiced in India for thousands of years. Part of the health care practice of Ayurveda, Indian head massage focuses on your head, neck and shoulders and was originally used to improve scalp and hair condition. A firm gentle massage technique is used. Pressure is applied to key points in the upper back, arms and shoulders that will release muscle tension and un-knot blockages. Helps reduce headaches and encourage better circulation of the cerebral fluid. and encourages the supply of oxygen to the brain which is one of the best ways to reduce anxiety levels and uplift one's mood.

R450

ADD ONS

Full Body Exfoliation **R250**

Hot stones **R200**

Aromatherapy **R200**

Please let the therapist know what pressure you would like and what your problem areas are while doing your foot ritual.

HANDS

HAND TREATMENT

30'

Exfoliation and massage.

R250

HAND GROOMING

60'

Includes buff and shine.

R335

SPA MANICURE

60'

Full hand grooming that includes polish.

R355

DELUXE MANICURE

60'

Full gel overlay and hand treatments.

R500

ADD ONS

Paraffin Mask **R200**

Medi Heel Peel **R250**

Gelish Polish (application only) **R245**

Soak off & buff **R230**

FEET

FOOT TREATMENT

40'

Exfoliation and massage.

R335

FOOT GROOMING

40'

Includes buff and shine.

R355

SPA PEDICURE

60'

Full foot grooming that includes polish.

R405

DELUXE PEDICURE

75'

Includes foot peel or paraffin dip.

R450

ADD ONS

Paraffin Mask **R200**

Medi Heel Peel **R250**

Gelish Polish (application only) **R245**

Soak off & buff **R230**