

## Signature Treatments

*The heart and soul of our spa. Carefully designed to envelop you in pure relaxation, using our incredibly natural Grootbos product ranges. Feel tension slip away and your body and mind revitalised.*

### **DR. HAUSCHKA FACIAL**

120min R2150

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Treat your feet, arms and legs to a relaxing treatment with fragrant essential oils, followed by a facial with the natural, certified Dr. Hauschka range of products. Cleansing, clarifying masks, activating ampoules and regenerating intensive care products are a great addition to the lymph stimulation with fine brushes and hands.

### **SENSES**

75min R1200

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Awaken your senses with this relaxing and refreshing experience. Enjoy a head, foot and exfoliating body massage, with the stimulation and release of pressure points. A light snack with an anti-oxidant fresh juice is included in your Senses Treatment.

### **DECOLLETE, NECK, FACE & SCALP MASSAGE**

45min R700

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By relaxing the muscles of the neck, face and head, facial and décolleté massage is an effective tool to relief the tension, improve general mood, soothe and reduce tiredness as well as relieve headache. It can help you keep your skin firm and resilient and prevent or delay the aging of your skin.

# Classic Menu

## facials

**DR. HAUSCHKA** 90m R1600 / 60m R1160

**DR. HAUSCHKA BACK** 60m R2360

Back facials involve a process of steaming, cleansing, exfoliating, and moisturizing the skin on the back, in addition to applying a mask. Most back facials also include an extraction process to clear out blocked pores and reduce the severity of any present back acne.

**DR. HAUSCHKA ANTI-AGEING** 120m R2350 / 90m R1800 / 60m R1360

**SPACOLGY** 90m R1420 / 60m R950

A classic, deep-cleansing, relaxing facial treatment, with exfoliation using papaya enzymes. An anti-aging peptide collagen serum or an alginate peel-off mask with a sublime face, neck and décolletage massage, leaving your skin silky soft, smooth and hydrated.

**SPACOLGY BACK** 60m R1900

*add on:*

**EYEBROW TINT** R120

**EYEBROW SHAPE** R120

**EYELASH TINT** R260

**EYELASH & EYEBROW TINT** R300

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## waxing

**LIP, CHIN & BROW** from 15m to 30m R120

**UNDER ARMS** 30m R300

**HALF LEG TILL UNDER YOUR KNEE** 30m R380

**FULL LEG** 45m R560

**BIKINI** from 30m to 45m R360

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## massage

**SWEDISH FULL BODY** 90m R1400 / 60m R1100 / 45m R950

**SWEDISH BACK & NECK** 30m R690

**DEEP TISSUE** 90m R1600 / 60m R1300

**DEEP TISSUE BACK** 45m R950 / 30m R890

**HOTSTONE** 90m R1600 / 60m R1300

**HOTSTONE BACK** 45m R950

**BELLABACI CUPPING TREATMENT** 75m R1200

Cupping therapy promotes blood circulation, anti-cellulite, relieves pain, joint and muscle soreness, detoxifies the body, releases endorphins to promote general healing and wellbeing, and can help increase skin's firmness to reduce fine lines and wrinkles.

## manicure & pedicure

**MANICURE** 60m R540 / FRENCH ADD ON 15m R50

Ultra-luxurious treatment for total nail and hand care. A varnish colour of your choice from Morgan Taylor is included.

**PEDICURE** 60m R560 / FRENCH ADD ON 15m R50

A wonderfully relaxing foot bath, exfoliation, nail and dry skin treatment, including a foot massage.

**GELISH MANICURE** 60m R690 / FRENCH ADD ON 15m R50

Ultra-luxurious treatment for total nail and hand care.

**GELISH PEDICURE** 60m R760 / FRENCH ADD ON 15m R50

A wonderfully relaxing foot bath, exfoliation, nail and dry skin treatment, including a foot massage.

**NAIL CARE WITH GELISH** 60m R400

**SOAK OFF & NAIL CARE** 60m R360

*add on:*

**MEDIHEEL** 15m R350

This is an intense pedicure treatment used to hydrate the feet. Anti-fungal and anti-bacterial ingredients sanitize and soften the feet gently, while a Eucalyptus and Rosemary infusion helps to boost circulation.

**PARAFFIN WAX** 15m R200

The wax helps to moisturise and soften the skin while providing a therapeutic and healing effect for sore and aching joints. Increased tolerance to pain and muscle relaxation can also make it particularly beneficial for those suffering from arthritis and rheumatic pain. Paraffin Wax heat therapy increases blood flow, sweat and sebum production thus allowing beneficial nutrients to be drawn to the skins cells that rejuvenate the skin.

**FOOT MASSAGE** 45m R700

Foot massage improves circulation, stimulates muscles, reduces tension, and often eases pain.

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## for kids UP TO THE AGE OF 12

**BACK AND HEAD MASSAGE** 30m R390

**PEDICURE OR MANICURE** 30m R320

This includes a foot or hand bath.

**EXPRESS FACIAL** 30m R430

This includes a hand or foot massage.

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## Customised Packages

WE CREATE CUSTOMISED TREATMENTS TO SUIT YOUR NEEDS.  
PLEASE DISCUSS OPTIONS WITH YOUR THERAPIST.