

wrapped in cotton



30 MINUTES

R265

**HEAD AND SCALP MASSAGE**

A relaxing and calming massage, concentrating on pressure points of the scalp, neck and shoulders. This gentle massage nourishes hair by stimulating blood flow; it relaxes the mind and calms the nervous system.

**SOLE REVIVAL FOOT MASSAGE**

This de-stressing treatment involves a foot ritual with a soak and scrub followed by a soothing massage. Excellent for mothers-to-be or long distance travellers.

45 MINUTES

R350

**FOOT AND LEG MASSAGE**

“Shoppers and Athletes Delight”

This massage focuses purely on the legs and feet to relieve tension of these commonly overstressed muscles.

**BACK NECK AND SHOULDER MASSAGE**

This massage focuses purely on the back and shoulder areas to relieve tension of these commonly overstressed muscles.

**BACK OF BODY MASSAGE**

This massage focuses purely on the back of the body to relieve tension.

60 MINUTES

R450

**FULL BODY SWEDISH MASSAGE - LIGHT TO MEDIUM PRESSURE**

This massage technique calms the body and mind using relaxing flowing movements.

**SPORTS MASSAGE - FIRM PRESSURE**

A deep tissue massage designed to manipulate tense and strained muscles to improve flexibility and endurance of the muscular system.

**REFLEXOLOGY**

R350

This treatment involves the application of pressure to specific points and areas on the feet. It is believed that these areas and reflex points correspond to different body organs and systems and that pressing them has a beneficial effect on the organs and ones’s health.

90 MINUTES

R550

**FULL BODY MASSAGE**

A combination of traditional strokes and deep tissue techniques are used to improve blood circulation and reduce stress.

*Please inform your therapist if you are pregnant, have any allergies, medical conditions or if you are on any medication.*

By Appointment Only  
**062 257 7093**

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