

MASSAGE

Relaxing Head Massage

Relieve your scalp from tension by trying our “Tingling, Tension Relieving Scalp Massage” that will leave you feeling uplifted.

20 min/ R320

Swedish Massage

Botanical oils combined with unique massage movements enhance skin tone & relieve muscle tension.

30 min/ R425 . 60 min/ R740 . 90 min/ R1050

15 min add on R190

Deep Tissue Massage

Targets deeper tissue structures using the same techniques as Swedish Massage, but the pressure is generally more intense.

30 min/R475 . 60 min/ R795 . 90 min/ R1145

15 min add on R190

Hot Stone Massage

Combines traditional massage & gliding of heated stones across the body for deep relief of muscle tension & stress.

30 min/ R575 . 60 min/ R899 . 90 min/ R1195

15 min add on R190

** Couples Swedish Massage

Includes complementary glass of bubbly

30 min/ R850 . 60 min/ R1480 . 90 min/ R2100

** Couples Deep Tissue Massage

Includes complementary glass of bubbly

30 min/ R950 . 60 min/ R1590 . 90 min/ R2290

** Couples Hot Stone Massage

Includes complementary glass of bubbly

30 min/ R1150 . 60 min/ R1799 . 90 min/ R2390

SIGNATURE TREATMENTS

Welnamis 30min/R595

The state of the art Welnamis combines the gentle sound waves of specially designed music with a highly efficient vibration massage system. While the special sounds slow down the mental activity, the vibration massage acts specifically on the energy centres of the body. This innovative sound massage system combines the effects of deep relaxation techniques as well as meditation and mindfulness.

Gold Quartz Signature Treatment 60min/R995

The 60 minute GOLD QUARTZ signature treatment is a transformative journey that brings you to balance through vibrations of singing bowls and restores a harmonious flow of energy and vitality. Being cocooned in warm, alpha quartz sand you will experience an invigorating herbal poultices massage to ease muscle pain, stimulate lymphatic drainage and detoxify the body. The bed has a built-in undulating massage component, to gently knead the back and neck for a unique 360° massage experience.

TREATMENT PACKAGE

Pamper Package (2.5 Hours) R1270

Hot Stone Massage (60min), Hydrating Facial (60min),

Express mani or pedi (30min) & use of pool, sauna & Jucuzzi.