

# MASSAGE

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A body massage is the perfect way for anyone who is overly worked and stressed out to relax their body and mind. Choose either a back, neck and shoulders or full body therapeutic massage.

## Swedish massage

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

30 min	R360
60 min	R640
90 min	R890
15 min add on	R190

## Hot Stone massage

Combines traditional massage with the gliding of heated stones across the body for a deep relief of muscle tension, stress & for the promotion of overall well-being.

30 min	R505
60 min	R765
90 min	R1005
15 min add on	R190