

# MASSAGE

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## 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

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## Welnamis 30min/R825

Strive for a perfect sleep or peaceful respite with acoustic and vibrational therapy, akin to meditation. Combining the super powers of essential oils and floatation massage, achieve deep levels of relaxation with aqua massage movements. A choice of chromotherapy light actions enhance your receptivity. Stress relief/mindfulness/powernap/awareness

## Gold Quartz Signature Treatment 60min/R1295

Awaken all your senses to this complete package of top to toe wellbeing. Utilising the healing properties of the Quartz Sand to support the bodies contours throughout the treatment and to promote physical relaxation, lymphatic drainage & body balance. Alongside the exceptional benefits of using Thalgo Algae to further aid detoxification, reduce inflammation and increase the skins rejuvenation. This combination will calm your mind, your body will feel completely rested, relieved of aches and pains and refreshed.

# TREATMENT PACKAGE

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## Pamper Package (2.5 Hours) R1270

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

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