



# SPA MENU

## **Back, Neck and Shoulder Massage**

30MIN / 60MIN

R500 / R800

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## **Deep Tissue Back, Neck and Shoulder Massage**

30MIN / 60MIN

R550 / R900

Want to get rid of all your knots and nodules? Then this is the perfect massage for your back.

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## **Back, Neck and Shoulder Massage & Scalp or Back of Legs**

45MIN

R700

Have invigorating back massage accompanied with a scalp massage or the back of your legs.

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## **Pressure Point Foot Massage**

30MIN

R400

Have tired feet? Enjoy a foot soak followed by a pressure point foot massage.

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## **Full Body Massage**

60MIN

R900

A customised body massage designed to relax, detox or revitalise mind body and soul.

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## **Relaxing Full Body & Scalp Massage**

90MIN

R1200

Enjoy a relaxing full body massage, including a deep relaxing scalp massage.

## **Deep Tissue Full Body Massage**

60MIN

R1000

Enjoy an invigorating massage with therapists using deep pressure movements to release tense knots and nodules.

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## **Deep Tissue Full Body & Scalp Massage**

90MIN

R1500

Have a deep pressure massage, getting rid of all those knots with and pressure point scalp massage.

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## **Cranial Healing**

60MIN

R1000

Enjoy a relaxing back, neck and shoulder massage followed by a scalp and facial massage that will relieve muscle tension and break down knots and stiff muscles.

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## **African Potato Balm Full Body Massage**

60MIN

R1100

A deep relaxing and healing massage, using our African potato balm. Drift off, as the therapeutic benefits of the African potato allows you to unwind.

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## **African Potato Balm Full Body & Scalp Massage**

90MIN

R1500

A deep relaxing and healing massage, using our African potato balm. Drift off, as the therapeutic benefits of the African potato allows you to unwind.