## TOUCH THERAPIES

- Swedish back massage 30 min: R 350
- Swedish full body massage 60 min: R 560
  - Relaxing massage using medium pressure.
- Aroma therapy back massage 30 min: R 370
- Aroma therapy full body massage 60 min: R 600
  - Therapeutic massage using light pressure and aroma therapy oils.
- Deep tissue back massage 30 min: R 390
- Deep tissue full body massage 60 min: R 630
  - De-stressing treatment using firm pressure and aroma therapy oils.
- Bellabaci back massage 30 min: R 400
- Bellabaci full body massage 60 min: R 700
- Bellabaci full body massage 90 min: R 950
  - The massage drains excess fluids and toxins, loosens adhesions, lifts the connective tissue and brings blood flow to stagnant muscles and skin.
- Windtown signature massage 90 min: R 830
  - A combination of various traditional body touch techniques.
- Full body & face massage 60 min: R 690
  - Enjoy an aroma massage and complete your session with a natural lift facial massage.
- Indian head massage 30 min: R 350
  - Relaxing massage, improving health and promoting well being.
- Foot massage 30 min: R 350
  - Therapeutic massage, improving health and promoting well being.
- Sportsman massage 40 min: R 510
  - Concentration on the neck, shoulders, back and backside of legs, helping to soothe the tension on tight and sore muscles.
- Full leg massage 30 min: R 370
  - This unique relaxing massage relieves fatigue and it keeps the legs muscles and the body in tone.
- Reflexology 30 min: R 380
- Reflexology 60 min: R 550
  - A special massage, stimulating the acupuncture points connected to all parts of the body.

## BODY THERAPIES

- Lillian Terry full body exfoliation 60 min: R 850
- Lillian Terry mud wraps 90 min: R 1200
  - All wraps include a body scrub and a 15 minute sauna session.
  - Muscle ease wrap
    - Recommended for aching muscles and joints.
  - Aids the recovery of stiffness and soreness.
  - Serenity wrap
    - This clay body wrap treatment has been designed to free up the mind and ease the stress and strains of an emotionally demanding lifestyle.
  - Cellutherapy wrap
    - This body wrap focuses on the areas of the body that are difficult to re-shape, especially after weight loss. It reduces fatty deposits, improves circulation in the areas of cellulite and detoxifies, improving skin texture and tone.

## FACIALS

- Diego Dalla Palma RVB skinlab products:
  - Express facial 35 min: R 400
  - Deep cleanse facial 45 min: R 400
  - Detoxifying facial 60 min: R 500
    - Micellar cleanser, revitalising toner, welcoming massage, mandelic acid peel 7%, russian face massage, astringent soothing mask, detoxifying cream SPF 15.
  - Hydrating facial 60 min: R 580
    - Micellar cleanser, revitalising toner, enzymatic exfoliant, welcoming massage, russian face massage, ceramide concentrate, SOS mask, active cream SPF 15.
  - Perfection facial 45 min: R 650
  - Redensifying facial 60 min: R 650
    - Micellar cleanser, revitalising toner, welcoming massage, combined acid peel 20%, rejuvenating serum, russian face massage, revitalising mask, redensifying cream SPF 15.

## MANICURES AND PEDICURES

- Express manicure 45 min: R 250
- Classic manicure 60 min: R 300
- Express pedicure 60 min: R 310
- Classic pedicure 75 min: R 380
- Medi heal pedicure: R 480
- Nail file & paint 20 min (hand or feet): R 150
- Pro gel application extra: R 200
- Pro gel application: R 300

## WAXING

- Brow tint: R 60
- Lash tint: R 90
- Lash & brow tint: R 130
- Brow wax & tint: R 110
- Brow wax: R 60
- Lip or chin wax: R 70
- Underarm wax: R 100
- Bikini: R 200
- Brazilian: R 300
- Hollywood: R 350
- Chest / stomach: R 220

## EYELASH EXTENSIONS

- Semi-permanent: R 680
- 2 weeks fill: R 260
- 3 weeks fill: R 300
- 4 weeks fill: R 400

## SAUNA

- Sauna room session 40 min: R 240
- Sauna room session 60 min: R 350
  - The prices are per person.
  - The time indicates the total occupation time of the sauna area.