



# THE AMETHYST — DAY SPA —

***BODY | SKIN | HAIR | NAILS | WELLNESS***

*SPA MENU: APRIL 2025  
Pensioners 30% Discount  
Wednesdays*



## ***About Us***

***At The Amethyst Day Spa, we draw inspiration from the enchanting beauty and healing properties of the amethyst crystal, a symbol of tranquility, balance, and rejuvenation. Nestled in the heart of our community, our spa is more than a destination for relaxation—it's a sanctuary where you can reconnect with yourself and rediscover your inner peace.***



**PROUD STOCKIST OFF**





**GET IN  
TOUCH  
WITH US**



011 568 8153  
+27 82 751 2846



[theamethyst.co.za](http://theamethyst.co.za)



[admin@theamethyst.co.za](mailto:admin@theamethyst.co.za)



220 Athol Street,  
Highlands North,  
Johannesburg



MASSAGE  
THERAPIES



THE AMETHYST  
— DAY SPA —

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## Swedish Massage

*A gentle, full-body massage that uses long strokes, kneading, deep circular movements, vibration, and tapping. It helps to relax the entire body, improve circulation, increase the level of oxygen in the blood, and ease muscle tension.*

|                                         |                                        |
|-----------------------------------------|----------------------------------------|
| <b>Back, Neck and Shoulder</b>          | <b>30 Min – R 399</b>                  |
| <b>Back, Neck and Shoulder and Head</b> | <b>45 Min – R 549</b>                  |
| <b>Full Body</b>                        | <b>60 Min – R 699 / 90 Min – R 849</b> |

## Deep Tissue Massage

*The deep tissue massage is a technique that focuses on the deeper layers of muscle and connective tissue. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues.*

|                                |                       |
|--------------------------------|-----------------------|
| <b>Back, Neck and Shoulder</b> | <b>30 Min – R 499</b> |
| <b>Full Body</b>               | <b>60 Min – R 799</b> |

## Hotstone Massage

*Smooth, heated stones are placed on specific parts of the body to warm and loosen tight muscles and balance energy centres in the body. This helps to relieve muscle tension and pain, reduce stress and anxiety, and promote sleep.*

|                  |                                         |
|------------------|-----------------------------------------|
| <b>Full Body</b> | <b>60 Min – R 839 / 90 Min – R 1099</b> |
|------------------|-----------------------------------------|

## Aromatherapy Massage

*This massage combines soft, gentle pressure with the use of essential oils.*

|                                |                                        |
|--------------------------------|----------------------------------------|
| <b>Back, Neck and Shoulder</b> | <b>45 Min – R 699</b>                  |
| <b>Full Body</b>               | <b>60 Min – R 849 / 90 Min – R 999</b> |



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## Lymphatic Drainage Massage

*This gentle massage encourages the movement of lymph fluids around the body to reduce swelling, improve circulation, and boost the immune system.*

|                                |                       |
|--------------------------------|-----------------------|
| <b>Back, Neck and Shoulder</b> | <b>30 Min – R 499</b> |
| <b>Full Body</b>               | <b>60 Min – R 699</b> |

## Body Exfoliation

*Experience the transformative power of our expert techniques, designed to gently remove dead skin cells, revealing a smoother, more radiant complexion. Our exfoliation therapies not only invigorate your skin but also stimulate circulation, leaving you feeling refreshed and revitalized.*

|                          |                       |
|--------------------------|-----------------------|
| <b>Back and Shoulder</b> | <b>30 Min – R 249</b> |
| <b>Full Body</b>         | <b>60 Min – R 599</b> |

## Body Exfoliation with body wrap From R 849

*Following the exfoliation, immerse yourself in a soothing body wrap, where your entire body is enveloped in a warm, hydrating cocoon. The wrap is infused with rich, detoxifying ingredients that work to hydrate, firm, and tone your skin while you relax in serene comfort. This treatment not only enhances your skin's appearance but also promotes relaxation and a sense of well-being.*

## Reflexology 30 Min – R 519

*This massage involves applying pressure to specific points on the feet to promote relaxation, improves circulation, reduces pain, and enhances overall well-being.*



## **Sports Massage**

*Revitalize your body and enhance athletic performance with our specialized sports massage. Designed for athletes and active individuals, this massage targets specific muscle groups and connective tissues to alleviate pain, reduce tension, and prevent injuries. Through a combination of deep tissue techniques, stretching, and joint mobilization, our skilled therapists will help improve your flexibility, increase circulation, and expedite recovery.*

**Half Body (Specific areas only)**

**30 Min – R 499**

**Full Body (Specific areas + General Swedish)**

**60 Min – R 799**

## **Prenatal Massage**

**60 Min – R 699**

*Tailored for pregnant women to help alleviate pregnancy-related discomforts. This massage reduces stress, decreases swelling, relieves aches and pains, and reduces anxiety and depression*

FACIAL & SKINCARE  
**THERAPIES**



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## Environ Skincare

### **Essential Treatments - with DF Machine**

#### **2 Specific Area**

**60min- R 849**

#### **Whole Face**

**90min- R 1059**

- *Essential Moisture Boost: Replenishes dehydrated, lacklustre skin with intense hydration.*
- *Essential Youth Reset: Targets fine lines, wrinkles, and loss of elasticity for more youthful skin.*
- *Essential Comfort Calm: Soothes sensitive, irritated skin and reduces redness.*
- *Essential Radiance Reveal: Revives dull skin and evens out pigmentation for a glowing complexion.*

### **Focus-On Treatments**

#### **Specific Area**

**60min- R 849**

#### **Entire Area**

**90min- R 1059**

*Short, targeted treatments for specific skin concerns:*

- *Focus-On Frown Treatment: Softens the appearance of frown lines.*
- *Focus-On Even Tone: Addresses uneven skin tone and pigmentation.*
- *Focus-On Eye Treatment: Targets fine lines and puffiness around the eyes.*

### **Cool Peel Treatments**

#### **Specific Area**

**60min- R 849**

#### **Entire Area**

**90min- R 1059**

*Ideal for refining skin texture and improving the appearance of problem skin:*

- *Youth Renew Cool Peel: For aging skin to refine and revitalize.*
- *Blemish Control Cool Peel: Targets breakout-prone skin, reducing oiliness and inflammation.*
- *Bright Recovery Cool Peel: Restores radiance to dull, sun-damaged skin.*



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## **Customized Vitamin Therapy Facials**

**R 1059**

*These facials incorporate Environ's Ion zyme DF Technology to deliver potent Vitamin A and C serums deep into the skin, addressing a wide range of concerns, from hydration to anti-aging.*

### **Combined Treatments**

*Environ treatments aimed at addressing multiple skin concerns.*

- **Focus Care Youth** **90min- R 1499**  
*Boosts skin elasticity and reduces visible signs of aging with advanced peptides and botanicals.*
- **Focus Care Moisture + HA Intensive Hydrating Serum** **90min- R 999**  
*A hyaluronic acid-rich serum that deeply hydrates and plumps the skin, leaving it soft and smooth.*
- **Focus Care Radiance** **90min- R 1399**  
*Brightens and evens out skin tone by targeting hyperpigmentation and dullness with stabilized Vitamin C.*
- **Focus Care Clarity** **60min- R 839**  
*Perfect for acne-prone or oily skin, this lightweight oil helps regulate sebum production and improve skin clarity.*
- **Focus Care Comfort** **60min- R 829**  
*Calms and soothes sensitive or irritated skin while providing antioxidant protection.*



THE AMETHYST  
— DAY SPA —

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## Lamelle Skincare Facials

### Deep Cleansing Facials (Dependant on skin consultation) 60min- R 899

*Designed to remove impurities, unclog pores, and balance oil production. Ideal for oily, combination, or acne-prone skin.*

### Barrier Repair Facials 60min - R 849

*Strengthen and rebuild sensitive or compromised skin using Lamelle's Correctives and Serra Range.*

## Chemical Peels

Targeted exfoliation treatments using active ingredients:

### Lacta-Firm Peel 30/10

**45min- R 849**

*Combines lactic and glycolic acids for hydration, exfoliation, and improved skin texture.*

### Beta Peel 15%

**45min- R 949**

*Targets acne and oiliness with salicylic acid, helping to reduce breakouts and inflammation.*

### Alpha Peel

**45min- R 949**

*Ideal for anti-aging, targeting fine lines and uneven skin tone with alpha hydroxy acids (AHAs).*

### Retistore Peel

**20min- R 1299**

*A Vitamin A-based peel for addressing advanced signs of aging, pigmentation, and acne scars.*

### Brightening Peel

**45min- R1099**

*Reduces pigmentation and uneven tone, promoting a brighter complexion.*

### Lamelle Hydra-Boost Treatment

**60min- R 849**

*Deeply hydrates and restores the skin barrier, leaving the skin plump and radiant.*

### Pigmentation Correction Treatments

**R 1199**

*Specifically targets hyperpigmentation and uneven skin tone using Lamelle's patented pigmentation technologies like Luminesce.*



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## **Anti-Aging Treatments**

**R 1399**

*Focus on reducing wrinkles, improving elasticity, and enhancing skin vitality using peptide-rich products and treatments.*

## **Microneedling**

*Enhances collagen production, improves skin elasticity, and reduces scars and fine lines. Combined with Lamelle's serums, such as the Dermaheal Growth Factor Range, for superior results.*

**Neck Only**

**R 849**

**Face and Neck**

**R 1499**

**Small Area**

**R 499**

**Scarring Large Area Scarring**

**R 849**

## **Skincare Add-ons**

**Dermaplaning - can be added on to any facial**

**R149**

*Revitalize your skin with our Dermaplaning Combined Treatment. This luxurious experience begins with gentle dermaplaning, a technique that exfoliates the skin by removing dead skin cells and fine vellus hair, leaving your face smoother and more radiant.*

HANDS &  
**FEET**



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## Manicures

### Express Manicure: Quick Elegance

**30 Min – R149**

*For those on the go, our Express Manicure offers a swift yet impeccable nail treatment. In just a short session, our skilled technicians will:*

- **Shape:** Trim and file your nails to your preferred shape.
- **Cuticle Care:** Meticulous cuticle grooming for a neat and tidy appearance.
- **Buff and shine**

### Deluxe Manicure: Indulgent Pampering

**45 Min – R249**

*Elevate your nail care experience with our Deluxe Manicure. This luxurious treatment includes everything in our Express Manicure, plus:*

- **Matsimela Fizz Soak:** Relax in a soothing hand soak to soften and hydrate your skin.
- **Exfoliate:** Gently exfoliate to remove dead skin cells and reveal softer hands.
- **Massage:** Enjoy a relaxing hand and arm massage to relieve tension and boost circulation.

### Signature Manicure: Ultimate Luxury

**60min – R299**

*Experience the pinnacle of nail care with our Signature Manicure, designed for those who seek the best. This premium treatment encompasses all the benefits of our Deluxe Manicure, and more:*

- **Hand Mask:** A hydrating hand mask to deeply nourish and replenish your skin OR
- **Paraffin Treatment:** A warm paraffin dip to enhance moisture absorption and soothe your hands.
- **Extended Massage:** An extended hot stone hand and arm massage for ultimate relaxation and stress relief.
- **Nail Art:** Personalize your manicure with intricate nail art designs for a unique and stylish look.



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## Pedicures

### Express Pedicure: Quick Elegance

**30 Min – R179**

*For those on the go, our Express Pedicure offers a swift yet impeccable nail treatment. In just a short session, our skilled technicians will:*

- **Shape:** Trim and file your nails to your preferred shape.
- **Cuticle Care:** Meticulous cuticle grooming for a neat and tidy appearance.
- **Buff and shine**

### Deluxe Pedicure: Indulgent Pampering

**45 Min – R279**

*Elevate your nail care experience with our Deluxe Pedicure. This luxurious treatment includes everything in our Express Pedicure, plus:*

- **Matsimela Fizz Soak:** Relax in a soothing hand soak to soften and hydrate your skin.
- **Exfoliate:** Gently exfoliate to remove dead skin cells and reveal softer feet.
- **Massage:** Enjoy a relaxing foot and lower leg massage to relieve tension and boost circulation.

### Signature Pedicure: Ultimate Luxury

**60min – R329**

*Experience the pinnacle of nail care with our Signature Pedicure, designed for those who seek the best. This premium treatment encompasses all the benefits of our Deluxe Pedicure, and more:*

- **Foot Mask:** A hydrating Foot mask to deeply nourish and replenish your skin OR
- **Paraffin Treatment:** A warm paraffin dip to enhance moisture absorption and soothe your feet.
- **Extended Massage:** An extended hot stone feet and lower leg massage for ultimate relaxation and stress relief.
- **Nail Art:** Personalize your Pedicure with intricate nail art designs for a unique and stylish look.



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## Nail extensions

|                             |       |
|-----------------------------|-------|
| <i>Bio-Sculpture Nails</i>  | R 349 |
| <i>Bio-Sculpture Refill</i> | R 299 |
| <i>Polygel (gel nails)</i>  | R 349 |
| <i>Polygel Refill</i>       | R 299 |

## Nail Add-ons

|                        |           |
|------------------------|-----------|
| <i>Polish Gel Nail</i> | R49       |
| <i>Art</i>             | R79       |
| <i>French(smiley)</i>  | R 19/Nail |
| <i>Ombre</i>           | R49       |
| <i>Medi- Hand</i>      | R149      |
| <i>Medi- Feet</i>      | R149      |
| <i>Foot peel</i>       | R159      |

## Soak offs

|                                         |      |
|-----------------------------------------|------|
| <i>Gel Soak off</i>                     | R 79 |
| <i>Acrylic Soak</i>                     | R 99 |
| <i>Off Bio-Gel and PolyGel Soak off</i> | R 99 |

## Acrylics

|                                |       |
|--------------------------------|-------|
| <i>Acrylic Dip + Gel Nails</i> | R 279 |
| <i>Acrylic Dip + Gel Fill</i>  | R 249 |
| <i>Soft Gel Tips</i>           | R 399 |
| <i>Acrylic Full Set</i>        | R 399 |
| <i>Acrylic Overlay + Gel</i>   | R 499 |

BEAUTY  
THERAPY



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## ***Lashes and Eyebrows***

### **Individual Lashes**

|                               |       |
|-------------------------------|-------|
| <i>Classic</i>                | R 449 |
| <i>Hybrid</i>                 | R 549 |
| <i>Mega Volume Lash</i>       | R 649 |
| <i>Removal &amp; Full set</i> | R 699 |
| <i>Removal Only</i>           | R 199 |

***Lash Lift*** **R 489**

***Microblading*** **R 999**

### **Eyebrow & Lash Tint**

|                                  |       |
|----------------------------------|-------|
| <i>Eyebrow shaping &amp; wax</i> | R 99  |
| <i>Eyebrow tint</i>              | R 149 |
| <i>Lash Tint</i>                 | R 149 |
| <i>Lash and brow tint</i>        | R 249 |
| <i>Lash Lift</i>                 | R 399 |
| <i>Brow Lamination</i>           | R 449 |

***Eyebrow Threading*** **R 179**



## **Vagacials**

*Vagacials addresses pigmentation caused by waxing while improving overall skin health.*

**Bikini Vagacial**

**30 Min - R 499**

**Hollywood Vagacial**

**45 Min – R 539**

**Underarms Rejuvenating Treatment**

**25 Min – R249**

**Thigh Rejuvenating Treatments**

**45 Min – R 349**

HAIR  
**REMOVAL**



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## **Waxing**

### ***Face***

|                    |      |
|--------------------|------|
| Lip, Brow, or Chin | R 99 |
| Full Face          | R249 |
| Face & Neck        | R299 |

### ***Arms & Upper Body***

|           |       |
|-----------|-------|
| Underarms | R 149 |
| Full Arms | R 219 |
| Chest     | R 339 |
| Half Back | R 259 |
| Full Back | R 299 |

### ***Legs & Feet***

|                        |      |
|------------------------|------|
| Half Legs (Incl. Knee) | R219 |
| Full Legs              | R339 |
| Feet, Hands, or Toes   | R99  |

### ***Bikini***

|             |      |
|-------------|------|
| Bikini Line | R179 |
| Brazilian   | R259 |
| Hollywood   | R339 |

### ***Full Body Wax***

|       |        |
|-------|--------|
| Women | R 999  |
| Men   | R 1199 |

THE AMETHYST  
**WELLNESS**



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## IV Drips

### **Immune Boost**

**R 849**

*High dose Vitamin C to strengthen your immune system.*

### **Energy Boost**

**R 1099**

*Vitamin B12, B Complex, and Magnesium to increase energy levels and improve mood.*

### **Skin Radiance**

**R 1099**

*Glutathione and Vitamin C for even skin tone and reduced pigmentation.*

### **Anti-Inflammatory & Auto-Immune**

**R 1399**

*Vitamin B12, B Complex, Glutathione, Vitamin C, and Magnesium to reduce inflammation and joint pain.*

### **Weight Assist**

**R 599**

*Glutamine, Arginine, and Carnitine to assist with weight loss.*

### **Hangover Cure & Jet Lag Recovery**

**R 1099**

*Vitamin B12, B Complex, Magnesium, and Glutathione to alleviate hangover symptoms and recover from jet lag.*

### **Sports Endurance & Recovery**

**R 1099**

*Vitamin B12, B Complex, Magnesium, and Glutathione to enhance sports performance and muscle recovery.*

### **Menopause Assist**

**R 1149**

*Vitamin B12, Vitamin C, Glutathione, and Biotin to help regulate hormones and reduce menopause symptoms.*

### **Glutathione Double Dose**

**R 899**

*The Glutathione Cocktail will enhance our immune system, revive your energy levels and liven your skin.*



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## **Rolls Royce Drip**

**R 1499**

*A high dose antioxidant with the benefit of assisting detox.*

## **Rolls Royce Drip plus Glutathione**

**R 1599**

# **Wellness Treatments**

## ***Botox and Fillers***

### **Botox Treatments**

**R 89 Per Unit**

- *Smooth fine lines and wrinkles on the forehead, around the eyes, and other areas.*
- *Relax facial muscles for a refreshed, youthful appearance.*

### **Dermal Fillers**

**R 4999 per syringe**

- *Add volume and fullness to areas such as lips, cheeks, and under-eyes.*
- *Enhance facial contours and diminish deep lines or folds.*

### ***Fat-Burning Injections***

#### **Double Chin**

**R 1499/session**

#### **Abdomen**

**R 1999/session**

#### **Thighs**

**R 2499/session**

#### **Arms**

**R 1799/session**

#### **Love Handles**

**R 2199/session**

#### **Full Back Area**

**R 2999/session**

*Multiple sessions may be required for desired results.*

### **Add-Ons**

- *Combine with IV Weight Assist Drip for enhanced metabolism.*
- *Pair with body-contouring massages for optimal outcome*

HAIR  
SALON



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## ***Blow Wave***

|                                                       |                   |
|-------------------------------------------------------|-------------------|
| Wash and Blowout Short                                | R 249             |
| Wash and Blowout Medium                               | R 319             |
| Wash and Blowout Long                                 | R 349             |
| Wash and Blowout Package 10 Treatments Pay for 9 From | R 2 241 - R 3 141 |
| Scalp Scrub                                           | R 249             |
| Wash, Trim, Blowout Short                             | R 349             |
| Wash, Trim, Blowout Medium                            | R 479             |
| Wash, Trim, Blowout Long                              | R 589             |

## ***Cut***

|           |      |
|-----------|------|
| Short     | R249 |
| Medium    | R349 |
| Long      | R449 |
| Trim Only | R99  |

## ***Hair Styling***

|                  |            |
|------------------|------------|
| Curls            | R 149      |
| Iron Only Short  | R 179      |
| Iron Only Medium | R 199      |
| Iron Only Long   | R 249      |
| Upstyling        | From R 749 |



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### ***Hair add-ons***

|                      |       |
|----------------------|-------|
| Add-on hair mask     | R 249 |
| Scalp massage 10 Min | R 99  |
| Add-on hair mask     | R 119 |

### ***INOAR Treatments***

#### **Japanese Silk Treatment**

|            |        |
|------------|--------|
| Short      | R 699  |
| Medium     | R 899  |
| Long       | R 1199 |
| Extra Long | R 1299 |

#### **B-Perfect Treatment**

|            |        |
|------------|--------|
| Short      | R 599  |
| Medium     | R 799  |
| Long       | R 999  |
| Extra Long | R 1099 |

#### **Inoar Day Moist Hydrating Treatment**

|                         |       |
|-------------------------|-------|
| Short and Medium Length | R 499 |
| Long Hair               | R 749 |
| Add-on hair mask        | R 299 |

#### **Inoar Speed Blond**

|                         |       |
|-------------------------|-------|
| Short and Medium Length | R 499 |
| Long Hair               | R 749 |



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## ***Colour***

|                          |         |             |        |
|--------------------------|---------|-------------|--------|
| Tint short               | R 499;  | Add Blowout | R 699  |
| Tint medium              | R 699;  | Add Blowout | R 899  |
| Tint long                | R 799;  | Add Blowout | R 1099 |
| Tint regrowth short      | R 399;  | Add Blowout | R 599  |
| Tint regrowth medium     | R 399;  | Add Blowout | R 699  |
| Tint regrowth long       | R 399;  | Add Blowout | R 729  |
| Half highlights short    | R 749;  | Add Blowout | R 949  |
| Half highlights medium   | R 749;  | Add Blowout | R 1049 |
| Half highlights long     | R 749;  | Add Blowout | R 1079 |
| Full highlights short    | R 1199; | Add Blowout | R 1399 |
| Full highlights medium   | R 1199; | Add Blowout | R 1699 |
| Full highlights long     | R 1199; | Add Blowout | R 1899 |
| Tint fringe short        | R 349;  | Add Blowout | R 499  |
| Tint fringe medium       | R 349;  | Add Blowout | R 599  |
| Tint fringe long         | R 349;  | Add Blowout | R 699  |
| Colour correction short  | R 499;  | Add Blowout | R 699  |
| Colour correction medium | R 699;  | Add Blowout | R 899  |
| Colour correction long   | R 799;  | Add Blowout | R 1099 |

**MAKE-UP**



|                            |               |
|----------------------------|---------------|
| <b>Soft Glam Soft Glam</b> | <b>R 799</b>  |
| <b>with Lashes Full</b>    | <b>R 899</b>  |
| <b>Glam Look Full</b>      | <b>R 1199</b> |
| <b>Glam no lashes</b>      | <b>R 999</b>  |
| <b>Evening or Matric</b>   | <b>R 849</b>  |
| <b>Bridal Trial</b>        | <b>R 899</b>  |
| <b>Bridal</b>              | <b>R 1499</b> |
| <b>Bridesmaids</b>         | <b>R999</b>   |

SPA  
PACKAGES



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### **Blissful Bonding Experience**

**R 1499 per couple**

- *45 Min Back, Neck, Shoulder and Head Massage*
- *45 Min Deluxe Manicure or Pedicure*
- *Lunch*

### **Soulmates Serenity Package**

**R 2499 per couple**

- *90 Swedish Massage or 60min deep tissue massage*
- *60 Min Signature Manicure or Pedicure Scalp scrub*
- *Lunch*

### **Purifying Bliss Detox Experience**

**R 1499 pp**

- *45 Swedish Massage or 30min deep tissue massage*
- *60 Min Exfoliation*
- *45 Min Reflexology*
- *Lunch*

### **Ultimate Detox Revival**

**R 1999 pp**

- *90 Swedish Massage or 60min deep tissue massage*
- *60 Min Exfoliation with Detoxifying Body Wrap*
- *45 Min Reflexology*
- *Lunch*

### **Heavenly Haven for Two**

**R 3999 per couple**

- *60 Min Aromatherapy Massage*
- *30 Min Hydrating Facial*
- *60 Min Signature Manicure or Pedicure*
- *Scalp scrub*
- *Lunch*



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## Heavenly Sent

**R 1999 pp**

- *45 Min Back, Neck and Shoulder Aromatherapy Massage*
- *Radiance Reveal Environ Facial*
- *45 Min Foot Soak and Scrub*
- *45 Min Deluxe Pedicure*
- *Scalp scrub*
- *Lunch*

## Mother To Be

**R 1999 pp**

- *60 Min Prenatal Massage 60 Min*
- *Environ Moisture Boost Facial 60 Min*
- *Signature Pedicure*
- *Scalp scrub*
- *Lunch*

## Ultimate Male Grooming

**R 2999 pp**

- *60 Min Deep Tissue Massage*
- *60 Min Signature Manicure*
- *60 Min Signature Pedicure Beard*
- *Grooming / Facial Wax*
- *Deep Cleanse Facial*
- *Wash, Cut and Trim*
- *Scalp scrub*
- *Lunch*

## Bride To Be

**R 3299 pp**

- *90 Min Hotstone Massage*
- *Moisture Boost Facial*
- *60 Min Signature Manicure*
- *60 Min Signature Pedicure*
- *Hollywood wax*
- *Eyebrow wax and tint*
- *Lunch*