



## MASSAGE TREATMENTS



<b>Stress Away:</b> Stress Relieving & Revitalising back massage.....	R400	30min
<b>Recharge:</b> Recharging & uplifting back massage.....	R450	45min
<b>Full Body Massage:</b> Relaxing full body massage.....	R600	60min
<b>Full Body Delux:</b> Ultimate full body massage.....	R900	90min
<b>Sports Legs:</b> Soothing leg massage for sportsmen & sports women.....	R450	40min
<b>Reflexology:</b> Working on reflexes to relax & hand/feet.....	R400	45min
<b>Pregnancy Back Massage:</b> Help ease lower back pain.....	R400	30min
<b>Sinus Drainage:</b> Unblocks sinus to ease face & neck pain.....	R350	20min
<b>Lymph Drainage:</b> Detoxify and increase circulation.....	R850	60min
<i>*Add any of the following to one of our specialised messages at an added cost</i>		
<b>Hot Stone:</b> Using ancient volcanic rocks has 6x the effect.....	R100	
<b>Aromatherapy:</b> Add specialised oils according to need.....	R100	
<b>Sport Massage:</b> Increased intensity & depth of your massage at an added cost.....	R100	