



All treatments done in the privacy of your own villa using as many natural ingredients as possible. Please contact reception to book.

### **BODY TREATMENTS**

#### *Swedish*

A popular traditional massage that uses an array of massage techniques to ease muscular pain and promote blood circulation leaving you completely relaxed.

Choose between avo or coconut oil  
60min R650

#### *Soy Candle*

Indulge in a creamy aromatic candle massage; once lit the candle turns into a warm and nourishing body butter. Heat loosens stiff muscles and the scent encourages relaxation.

Back- 45min 700  
Body- 60min R800 / 90min R1100

#### *Healing Cannabis Butter*

A herbal medicinal treatments that specifically targets pain and inflammation while loosening muscles. Also treats skin issues such as eczema, sun spots, liver spots and dry skin.

The oil is absorbed through the skin but does not have any psychoactive effect on you this way.

Back- 45min 800  
Body- 60min R800 / 90min R1200

#### *Hot Stone*

Uses the healing power of volcanic stones that are heated to body temperature to stimulate and loosen muscle tension.

Back- 45min R550  
Body- 60min R650 / 90min R900

#### *Aromatherapy*

Combining the power of aroma therapeutic essential oils with gentle touch and scent to bring a deep and lasting calm that heals the body

Back- 45min R550  
Body- 60min R650 / 90min R900

#### *Deep Tissue*

A therapy focusing on the deep layer of muscular connective tissue to ease spasms and stiffness.

Choose between avo and coconut oil.  
Back- 45min R550  
Body- 60min R650 / 90min R900

#### *Full Body Exfoliation*

Using our own organic lemon grass scrub to refresh a tired winter skin. Followed by a clay mask with banana leaf wrap and a moisturiser.  
60min R850

### **PARTIAL BODY TREATMENTS**

#### *Head Massage*

An ancient therapy that releases the tension built up by everyday life.

60min R650

#### *Foot and Ankle*

Increases blood circulation and by using pressure points, it promotes relaxation.

30min R400

### **BEAUTY TREATMENTS**

#### *All Natural Facial*

Highly recommended- A facial where a combination of only natural ingredients are used to deep clean, exfoliate and nourish your skin, leaving it silky, soft and rejuvenated without any redness.

60min R650

#### *Manicure* 60min R350 *Pedicure* 60min R450

### **COMBINATION TREATMENTS**

#### *Ultimate Relaxer*

A treatment that targets the body's major stress points; a back and shoulder massage followed by a foot and ankle massage.

Choose between avo or coconut oil.  
60min R800

#### *The Rich Moisturiser*

A full body exfoliation that allows for the effective absorption of the enriching soy butter from the candle massage that follows.

90min R1300

#### *Refresh and Revive*

A Swedish massage followed by an All Natural Facial which leaves you looking and feeling good.

Back- 90min R1000  
Body- 120min R1200

#### *Total Indulgence*

3,5 hours of total bliss; a 60min full body soy candle massage followed by a mini All Natural Facial, then concluded with a mani pedi.

210min R1850

#### *Head and Toe*

A head massage followed by a foot and ankle massage. Ideal for those who do not enjoy a back treatment.

60min R700