

# Massages

Pensioner discount at 15%

Teenager discount at 10%

- Facial and Waxing Treatments only



**Add On To Any Treatment**

*Additional Minutes*  
*Hot or Cold Stones*

15 min R120  
R60

**Foot Massage**  
**Sinus Cleansing Massage**  
- Add on: **Ear Candling**  
**Indian Head Massage**  
**Selective Area (Sport) Massage**

30 min R150  
20 min R200  
R60  
30 min R250  
30 min R250

**Back & Neck Massages:**

Swedish Massage  
Deep Tissue Massage  
Holistic Hot Stone Massage  
African Rungu Massage  
Bamboo Massage  
Aromatherapy Massage  
Cupping Massage  
Sport Massage

30 min R300 / R600 (couple)  
30 min R350 / R700 (couple)  
30 min R350 / R700 (couple)  
30 min R350 / R700 (couple)  
30 min R350 / R700 (couple)  
30 min R380 / R760 (couple)  
30 min R380 / R760 (couple)  
30 min R380 / R760 (couple)

**Full Body Massages:**

Swedish Massage  
Prenatal (Mom to be)  
Deep Tissue Massage  
Lymph Drainage Massage  
African Rungu Massage  
Bamboo Massage  
Holistic Hot Stone Massage  
Aromatherapy Massage  
Cupping Massage  
Sport Massage

1 h R500 / R1 000 (couple)  
1 h R500  
1 h R550 / R1 100 (couple)  
1 h R550  
1 h R550 / R1 100 (couple)  
1 h R550 / R1 100 (couple)  
1 h R550 / R1 100 (couple)  
1 h R580 / R1 160 (couple)  
1 h R580 / R1 160 (couple)  
1 h R580 / R1 160 (couple)



# Specialised Reflexology

Pensioner discount at 15%

Teenager discount at 10%  
- Facial and Waxing Treatments only



## HOLISTIC & THERAPEUTIC REFLEXOLOGY

Face & Ear Reflexology	30 min	R250
Hand Reflexology	30 min	R250
Feet Reflexology	30 min	R280
Vacuflex Boots System & Acupuncture Cups (Kids)	45 min	R330
Vacuflex Boots System & Acupuncture Cups (Adults)	1 h	R360
Vacuflex Boots System & Acupuncture Cups (Adults) x5 Sessions	1 h per session	R1 700
<b>Combo 1</b>		
Vacuflex Boots System & Acupuncture Cups (Adults) + Holistic Hot Stone Back & Neck Massage	1½ h	R650
<b>Combo 2</b>		
Vacuflex Boots System & Acupuncture Cups (Adults) + Holistic Hot Stone Back & Neck Massage + Indian Head Massage	2 h	R850



# Specialised Acupressure Fascia Healing

Pensioner discount at 15%

Teenager discount at 10%

- Facial and Waxing Treatments only



## THERAPEUTIC ACCUPRESSURE FASCIA HEALING

<b>Acupressure Meridian Fascia Massage Therapy</b>			
	Selective Area	30 min	R300
	Back & Neck	45 min	R450
	Full Body	75 min	R600
<b>Acupressure Fascia Sport Massage Therapy</b>			
	Selective Area	30 min	R370
	Back & Neck	45 min	R450
	Back & Neck, Calves & Hamstrings	60 min	R500
	Full Body	75 min	R600
<b>Lymph Drainage with Acupressure and Magnetic Acid Excretion Rod Therapy</b>			
	Full Body	75 min	R600
	3 Sessions	-	R1600
<b>Meridian Fascia Combo 1</b>			
<i>- Reflexology with Vacuflex Boots System &amp; Acupuncture Cup Therapy</i>			
<i>- Acupressure Fascia Back &amp; Neck Massage Therapy</i>		1¾ h	R690
<b>Meridian Fascia Combo 2</b>			
<i>- Reflexology with Vacuflex Boots System &amp; Acupuncture Cup Therapy</i>			
<i>- Acupressure Fascia Back &amp; Neck Massage Therapy</i>			
<i>- Indian Head Massage with Magnetic Patches or Acid Excretion Rod</i>		2¼ h	R880

ASK FOR A RECOMMENDATION BASED ON YOUR NEEDS





# Specialised Acupressure Fascia Healing

Pensioner discount at 15%

Teenager discount at 10%  
- Facial and Waxing Treatments only



## THERAPEUTIC ACCUPRESSURE FASCIA HEALING

### Add On to Any Acupressure Fascia Treatment

Magnetic Patch	-	R15 per patch
Magnetic Acid Excretion Rod	-	R30
Acupressure Herbal Patch	-	R40 per patch
Mini Acupuncture Patch	-	R15 per patch
Sport Strapping	-	R40
Holistic Acupuncture:		
Target Areas	15 min	R15
Trigger Point Areas	50 min	R50

### ASK FOR A RECOMMENDATION BASED ON YOUR NEEDS

### WHAT IS THERAPEUTIC ACCUPRESSURE FASCIA HEALING?

Acupressure Fascia Healing Therapy is a holistic technique that combines principles of acupressure and fascia release to promote healing and overall well-being. It focuses on applying pressure to specific acupressure points to release tension in the fascia, the connective tissue surrounding muscles and organs. This therapy aims to reduce pain, improve circulation, enhance flexibility, and restore balance to the body's energy flow. It's often used as a natural and non-invasive approach to address issues like chronic pain, stress, and muscular restrictions.



# General Facials

Pensioner discount at 15%  
Teenager discount at 10%  
- Facial and Waxing Treatments only



**Add On To Any Facial**

Hot or Cold Stones		R30
High Frequency Treatment		R60
Facial Extractions	30 min	R60

**Teen Facial**

<i>Anti-Acne, Deep Cleanse, Steam &amp; Extraction, Décolletage - and Express Hand or Foot Massage</i>	1½ h	R350 * Teen Discount incl.
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**Back Facial**

<i>Anti-Acne, Deep Cleanse, Steam &amp; Extraction, Express Hand or Foot Massage</i>	1½ h	R400 * Teen Discount incl.
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**Anti - Pigment Facial**

<i>Advanced Whitening Facial with Complex Booster, Décolletage - and Express Hand or Foot Massage (Steam included)</i>	1½ h	R430
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**Dermaplaning Facial**

<i>Removal of dead skin cells &amp; fine facial hair followed by a soothing Jelly Mask, Express Hand or Foot Massage (Steam included)</i>	1½ h	R450
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# Specialised Facials

Pensioner discount at 15%

Teenager discount at 10%  
- Facial and Waxing Treatments only



**All Specialised Facials include a Complimentary Décolletage & Express Foot or Hand Massage**

Add On To Any Facial		
Hot or Cold Stones		R30
High Frequency Treatment		R60
Facial Extractions	30 min	R60
Essel Signature Facial		
Classic Cleansing Facial (Steam included)	1½ h	R480
Essel Ultra Hydration Express Facial		
Hydrating Facial with Hot Stones (Steam included)	1½ h	R480
Essel Amazon Deep Cleanse Facial		
Deep Cleansing Steam and Extraction Facial + Amazon Clay Mask (High Frequency Dermawand Process included)	1½ h	R550
Essel DNA Epinew Anti-Ageing Facial		
Suitable for Mature Skin (Steam & High Frequency Dermawand Process included)	1½ h	R550





# Aesthetic Chemical Peel Facials

Pensioner discount at 15%

Teenager discount at 10%

- Facial and Waxing Treatments only

**ASK  
ABOUT  
OUR  
SPECIALS**

<b>Essel Aesthet Expert Peel</b>	45 min	R450
<b>Essel Aesthet HA Peel Treatment</b>	45 min	R470
<b>Essel Aesthet Expert Peel + HA Peel Treatment</b>	45 min	R500

Aftercare products available to ensure maximum results.

## *Benefits:*

- *Stimulates new collagen and healthy skin cell growth, resulting in a radiant complexion.*
- *Reduces discoloration caused by sun damage*
- *Helps to clear up breakouts*
- *Smooths the look of fine lines and wrinkles*
- *Aftercare products available to ensure maximum results.*

# Feet

Pensioner discount at 15%

Teenager discount at 10%

- Facial and Waxing Treatments only



**Add On To Any Treatment** (Feet)

Gel Removal	15 min	R60
Nail Repair	10 min	R30
Paraffin Dip		R80

<b>Enamel Overlay</b> (Feet)	20 min	R100
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<b>Bio-Sculpture Gel Overlay</b> (Feet)	30 min	R250
Add on: French		R20
Add on: Nail Art		R10 <i>per nail</i>

<b>Basic Pedicure</b> (Feet)		
<i>Buff, File, Scrub &amp; Massage</i>	45 min	R150

<b>Deluxe Pedicure</b> (Feet)		
<i>Buff, File, Scrub, Massage, Enamel Overlay OR Gel Overlay</i>	+/- 1½ h	R250 <i>Enamel</i> R350 <i>Gel</i>

<b>Heels Only</b> (Feet)		
<i>Buff, File, Scrub, Massage &amp; Paraffin Dip</i>	45 min	R180

<b>Essel Chemical Peel</b> (Feet)	30 min	R300
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# Hands

Pensioner discount at 15%

Teenager discount at 10%

- Facial and Waxing Treatments only



**Add On To Any Treatment** (Hands)

Gel Removal	15 min	R60
Nail Repair	10 min	R30
Paraffin Dip		R60

<b>Enamel Overlay</b> (Hands)	20 min	R100
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<b>Bio-Sculpture Gel Overlay</b> (Hands)	+/- 1½ h	R320
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<b>Bio-Sculpture Gel Overlay TIPS</b> (Hands)	+/- 2 h	R380
Add on: French		R20
Add on: Nail Art		R10 <i>per nail</i>

<b>Basic Manicure</b> (Hands)		
<i>Buff, File, Scrub &amp; Massage</i>	45 min	R150

<b>Deluxe Manicure</b> (Hands)		
<i>Buff, File, Scrub, Massage, Enamel Overlay OR Gel Overlay</i>	+/- 1½ h	R250 <i>Enamel</i> R420 <i>Gel</i>



# Wax & Tint

Pensioner discount at 15%

Teenager discount at 10%

- Facial and Waxing Treatments only



**Facial Waxing:**

Ear	20 min	R50
Nose	20 min	R50
Lip	10 min	R50
Chin	15 min	R80
Brow	20 min	R80
Half Face	30 min	R160
Full Face	40 min	R210

**Body Waxing:**

Underarm	20 min	R110
Half Arm	20 min	R140
Full Arm	40 min	R190
Half Leg	20 min	R170
Full Leg	40 min	R260
Chest, Stomach & Back	50 min	R400
Bikini	20 min	R200
Brazilian	40 min	R300
Hollywood	50 min	R350

**Tinting:**

Brow Tint	15 min	R80
Lash Tint	15 min	R80
Brow Dye	15 min	R90
Henna Brows	40 min	R200

**Combo:**

Brow Shape & Tint	20 min	R140
Brow Shape & Dye	20 min	R150
Lash Lift & Tint	1 h	R260



# Lashes

Pensioner discount at 15%  
Teenager discount at 10%  
- Facial and Waxing Treatments only



<b>Lash Removal</b>	30 min	R100
<b>Classic Lash Extensions</b>	2½ h	R560
2 Week Fill	45 min	R310
3 Week Fill	1 h	R410
<b>Hybrid Lash Extensions</b>	2½ h	R650
2 Week Fill	45 min	R350
3 Week Fill	1 h	R450
<b>Volume Lash Extensions</b>	2½ h	R720
2 Week Fill	45 min	R420
3 Week Fill	1 h	R520

*Please take note that treatment times may differ slightly depending on eye shapes and sizes*





# Spa Combo

Pensioner discount at 15%  
Teenager discount at 10%  
- Facial and Waxing Treatments only



## Full Spa Combo 1

Full Body Hot Stone Massage		
Sinus Cleansing Massage		
<i>*Add on: Ear Candling</i>		
Indian Head Massage		
Foot & Hand Massage		
Foot & Hand Paraffin Dip		
Essel Signature Facial		
Beverage	4 h	R1 850 per person

## Full Spa Combo 2

Full Body Hot Stone Massage		
Indian Head Massage		
Foot & Hand Massage		
Foot & Hand Paraffin Dip		
Essel Signature Facial		
Beverage	3½ h	R1 600 per person

## Express Spa Combo

Hot Stone Back & Neck Massage		
Indian Head Massage		
Foot Massage		
Essel Signature Facial	3 h	R1 000 per person



# Kids

## ADULT SUPERVISION REQUIRED

Kids under 12

Maximum 6x kids per booking



### Individual Princess Treatments

*\*per child*

Twinkle Fingers <i>Mini Manicure with Enamel Overlay or Hand Massage</i>	20 min	R90
Twinkle Toes <i>Mini Pedicure with Enamel Overlay or Foot Massage</i>	20 min	R90
Fairy Facial	30 min	R180
Fairy Full Body Massage	20 min	R180

### Full Princess Spa Party

*\* per child*

Fairy Facial Fairy Full Body Massage Twinkle Fingers or Hand Massage Twinkle Toes or Foot Massage	90 min	R350
<b>Add on:</b> Swimming Pool & Outside Area (Spa Party Only   Treatment Duration Time)		R150



# Extras

<b>Gift Voucher</b> <i>Add on: Card &amp; Envelope</i>	Custom Amount R10
<b>House Call</b> (Medical / Disability Reasons)	R10 per km
<b>Treatments in Outdoor Spa</b>	R50 per person
<b>Flowers</b>	Price on request
<b>Platter</b> <i>Savoury / Sweet / Mixed</i>	Price on request
<b>Champagne</b>	R40 per serving
<b>Cocktail</b>	R40 per serving
<b>Hot Chocolate</b>	R35 per serving
<b>Cappuccino</b>	R35 per serving
<b>Cappy</b>	R30 per serving

*Gift Vouchers will only be issued once paid in full*

*Flowers and Platters must be paid for in advance*

*House Calls are subject to Therapist availability*

