

# Massages

No children allowed during treatments  
Cellphones switched to silent during treatments

Pensioner discount at 15%

**ASK  
ABOUT  
OUR  
SPECIALS**

## Add On To Any Treatment

Additional Minutes	15 min	R120
Hot or Cold Stones		R60
<b>Foot Massage</b>	30 min	R150
<b>Sinus Cleansing Massage</b>	20 min	R200
- Add on: <b>Ear Candling</b>		R60
<b>Indian Head Massage</b>	30 min	R250
<b>Selective Area (Sport) Massage</b>	30 min	R250

## Back & Neck Massages:

Swedish Massage	30 min	R300 / R600 (couple)
Deep Tissue Massage	30 min	R350 / R700 (couple)
Holistic Hot Stone Massage	30 min	R350 / R700 (couple)
African Rungu Massage	30 min	R350 / R700 (couple)
Bamboo Massage	30 min	R350 / R700 (couple)
Aromatherapy Massage	30 min	R380 / R760 (couple)
Cupping Massage	30 min	R380 / R760 (couple)
Sport Massage	30 min	R380 / R760 (couple)

## Full Body Massages:

Swedish Massage	1 h	R500 / R1 000 (couple)
Prenatal (Mom to be)	1 h	R500
Deep Tissue Massage	1 h	R550 / R1 100 (couple)
Lymph Drainage Massage	1 h	R550
African Rungu Massage	1 h	R550 / R1 100 (couple)
Bamboo Massage	1 h	R550 / R1 100 (couple)
Holistic Hot Stone Massage	1 h	R550 / R1 100 (couple)
Aromatherapy Massage	1 h	R580 / R1 160 (couple)
Cupping Massage	1 h	R580 / R1 160 (couple)
Sport Massage	1 h	R580 / R1 160 (couple)



# Specialised Reflexology

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## HOLISTIC & THERAPEUTIC REFLEXOLOGY

<b>Face &amp; Ear Reflexology</b>	30 min	R250
<b>Hand Reflexology</b>	30 min	R250
<b>Feet Reflexology</b>	30 min	R280
<b>Vacuflex Boots System &amp; Acupuncture Cups (Kids)</b>	45 min	R330
<b>Vacuflex Boots System &amp; Acupuncture Cups (Adults)</b>	1 h	R360
<b>Vacuflex Boots System &amp; Acupuncture Cups (Adults) x5 Sessions</b>	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

**Lavender**  
**Spa** C: 078 165 4238  
24 Ruiter Street, Lydenburg

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Cash or Card payments only  
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Gift Cards may not be exchanged for Retail Products or Cash  
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# Specialised Acupressure Fascia Healing

1

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## **THERAPEUTIC ACCUPRESSURE FASCIA HEALING**

### **Acupressure Meridian Fascia Massage Therapy**

Selective Area	30 min	R300
Back & Neck	45 min	R450
Full Body	75 min	R600

### **Acupressure Fascia Sport Massage Therapy**

Selective Area	30 min	R370
Back & Neck	45 min	R450
Back & Neck, Calves & Hamstrings	60 min	R500
Full Body	75 min	R600

### **Lymph Drainage with Acupressure and Magnetic Acid Excretion Rod Therapy**

Full Body	75 min	R600
3 Sessions	-	R1600

### **Meridian Fascia Combo 1**

- Reflexology with Vacuflex Boots System & Acupuncture Cup Therapy
- Acupressure Fascia Back & Neck Massage Therapy

1¾ h R690

### **Meridian Fascia Combo 2**

- Reflexology with Vacuflex Boots System & Acupuncture Cup Therapy
- Acupressure Fascia Back & Neck Massage Therapy
- Indian Head Massage with Magnetic Patches or Acid Excretion Rod

2¼ h R880

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# Specialised Acupressure Fascia Healing

2

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## **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.*

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# Specialised Facials

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<b>Essel Teen Facial</b> Anti-Acne, Deep Cleanse & Extractions	1 h	R250
<b>Essel Back Facial</b> Anti-Acne, Deep Cleanse & Extractions	1 h	R300
<b>Essel Express Booster Facial</b> Express Hydrating Facial, ideal for skin analysis & product recommendation	45 min	R350
<b>Essel Dermaplaning Facial</b> Removal of dead skin cells & fine facial hair	1 h	R480
<b>Essel Ultra Hydration Facial</b> Hydrating Facial with Hot Stones	1 h	R480
<b>Essel Amazon Deep Cleanse Facial</b> Deep Cleansing, Extractions & Amazon Clay Mask	1½ h	R550
<b>Essel Anti-Ageing Signature Facial</b> Suitable for Mature Skin	1 h	R550

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# Aesthetic Chemical Peel Facials

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## **Essel Expert Peel**

20% Hydroxy Acid Peel, provides advanced skin rejuvenation, comedolytic effect, cell regeneration, skin hydration, anti-inflammatory and anti-pigment effects

45 min

R450

R750

\*includes home care products

## **Essel Hyaluronic Peel**

The Hyaluronic Acid Peel is a light Chemical Peel designed to remove the outer layer of the skin and improve the penetration of product keeping the skin plump, moisturised and accelerates cellular renewal

45 min

R450

## **Essel Expert + Hyaluronic Peel Combo**

Combination of Expert & Hyaluronic Peel benefits

1 h

R700

R900

\*includes home care products

## **Essel Retinol Peel**

Stimulates skin renewal and reduce uneven skin tone and the appearance of fine lines

45 min

R750

R950

\*includes home care products

## **Dynamic Duo Peel**

(Expert & Retinol)

Combination of Expert & Retinol Peel benefits

1 h

R950

R1200

\*includes home care products

### **Benefits:**

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

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# Feet & Toes

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## Add On To Any Treatment (Feet)

Nail Art	R10 per nail
Paraffin Dip	R80
Foot Peel	R140

## Gel / Acrylic Removal (Feet) 45 min

R120

## Bio-Sculpture Gel Overlay (Feet) 1 h

R250

## Basic Pedicure (Feet)

Heel Buff, File, Cuticle work + Enamel base coat	45 min	R200
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## Deluxe Pedicure (Feet)

Soak, Scrub, Heel Buff, File, Cuticle work, Foot Massage + Enamel OR Gel Overlay	+/ - 1½ h	R300 Enamel R380 Gel
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## Essel Chemical Peel (Feet)

Chemical Peel application, Scrub, Heel Buff + Express Foot Massage	45 min	R180
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# Hands & Nails

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## Add On To Any Treatment (Hands)

Nail Art	R10 per nail
French / Ombre	R30
Nail Repair	R50
Paraffin Dip	R80

## Gel / Acrylic Removal (Hands) 45 min R120

## Bio-Sculpture Gel Overlay (Hands) +/- 1½ h R320

## Bio-Sculpture Gel Overlay + Gel Removal (Hands) +/- 2 h R390

## Bio-Sculpture Full Cover Tips + Gel Overlay +/- 2 h R450

## Basic Manicure (Hands) Buff, File & Shape, Cuticle work + Enamel base coat 45 min R170

## Deluxe Manicure (Hands) Soak & Scrub, Buff, File & Shape, Cuticle work, Express Massage + Enamel Overlay OR Gel Overlay 2 h R250 Enamel R420 Gel

# Wax & Tint

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## Facial Waxing:

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

## Body Waxing:

Underarm	10 min	R110
Half Arm	15 min	R140
Full Arm	30 min	R190
Half Leg	20 min	R170
Full Leg	40 min	R260
½ Back	40 min	R250
Back	50 min	R400
Chest & Stomach	30 min	R210
Bikini	20 min	R180
Brazilian	40 min	R300
Hollywood	50 min	R350

} Women only

## Tinting:

Brow Tint	15 min	R85
Lash Tint	20 min	R95
Brow Dye	20 min	R90

## Combo:

Brow Shape & Tint	20 min	R140
Brow Shape & Dye	20 min	R150
Lash Lift & Tint	1 h	R260
Lash & Brow Tint	30 min	R200

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# Spa Combo

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## Full Spa Combo 1

Full Body Hot Stone Massage  
Sinus Cleansing Massage  
\*Add on: Ear Candling  
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

# Extras

<b>Gift Voucher</b> Add on: Card & Envelope	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> Savoury / Sweet / Mixed	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*

# Essel Retail Range



## Dermaplex:

Facial Wash	150ml	R310
Day Cream N/Comb	50ml	R620
Day Cream N/D Skin	50ml	R620
Night Cream	50ml	R610
Anti-Dark Spot Serum (Pigmentation)	30ml	R550
Blemish Free Gel (Acne + Scar Repair)	30ml	R470

## Dermaplex Masques:

Gold Anti-Wrinkle Hydrogel Masque	15g	R95
Blemish Free Kiwifruit Hydrogel Masque	15g	R95
Hydrating Rose Hydrogel Masque	15g	R95
Whitening Cherry Hydrogel Masque	15g	R95

## DNA Epinew:

Day Cream	50ml	R745
Night Cream	50ml	R755
HydroLift Serum	50ml	R720
Defying Eye Therapy	15ml	R545
MaxiCleanse	150ml	R355
Rejuvenating Spritzer	200ml	R385
Skin Tone Corrector RX	30ml	R605
Forte Serum Wrinkle Antidote	30ml	R720
Stem Cell Elixir	30ml	R700
Sun Protection SPF 30	150ml	R450
Sun Protection Spray SPF 50	250ml	R555
Vit C Oile Serum	30ml	R750
CC Cream	50ml	R380

## HumanKind:

Firming Lotion	250ml	R325
Deo Stone Deodorant	60g	R160
Tissue Oil Cream	250ml	R355
Tissue Oil Cream Mini	50ml	R135
Exfoliator Body Wash	400ml	R350
CelluThight	200ml	R645
CelluStretch Serum	200ml	R780

## Aesthet XPert Peel:

Post Treatment Moisturiser	100ml	R555
Acne Gel	30ml	R535
Recovery Serum Sanitatem	30ml	R645
Hyaluronic Flashfiller	30ml	R560
Retinol Cream	50ml	R680
Hand Sanitiser 70% Alcohol with Shea Butter	100ml	R85
Hand Sanitizer 75% Alcohol Spray	500ml	R210
Hyaluronic Acid Peel	100ml	R765
Peptide Skin Reformer	30ml	R640
Advanced Reseter	50ml	R845
Ultra Sound Gel	500ml	R160
Microbiome Defence Cream	50ml	R725
Microbiome Defence Serum	30ml	R710
Post Treatment Pack	5x 15ml	R790

## Travel Kits / Other:

Dermaplex	R320
DNA	R320
Steel Foot File	R600