

Massage Therapy

SHEA BUTTER AROMATHERAPY MASSAGE

A traditional *light to medium pressure* Swedish massage with nourishing Shea Butter blended with pure Essential oils according to your mood, creates the ultimate relaxing massage experience.

45 minutes - Back, Neck and Shoulder Massage	R 415
60 minutes - Full Body Massage	R 550
90 minutes - Full Body Massage	R 750

LILIAN TERRY COMPLEX MASSAGE

With this *firm pressure* massage we use the Lilian Terry Homeopathy range of oils, a combination of homeopathic remedies and Aromatherapy oils, giving you ultimate results.

30 minutes - Back, Neck and Shoulder Massage	R 365
60 minutes - Full Body Massage	R 565

CANDLE MASSAGE

Enjoy a nourishing candle massage with your choice of fragrance and pressure preference, this treatment will leave you relaxed and your skin revitalized.

30 minutes - Back, Neck and Shoulder Massage	R 375
60 minutes - Full Body Massage	R 580

LYMPH DRAINAGE CUP MASSAGE

A deep drainage cup massage with the Lilian Terry oil will improve your blood and lymph circulation aiding in the elimination of toxins and release lactic acid build-up in muscles.

30 minutes - Back, Neck and Shoulder Massage	R 415
60 minutes - Full Body Massage	R 625

MIO OMEGA RICH MASSAGE

Mio's Omega Body Oil is carefully chosen for its concentration of Omega 3, 6 and 9 giving your skin the Omega super food it needs to keep skin smooth, firm and elastic and your mind relaxed.

45 minutes - Back, Neck and Shoulder Massage	R 425
75 minutes - Full Body Massage	R 715

HOT STONE MASSAGE

This traditional Swedish massage, combined with Basalt Hot Stones improves blood and lymph circulation, soothing aching muscles.

45 minutes - Back, Neck and Shoulder Massage	R 450
60 minutes - Full Body Massage	R 625
75 minutes - Full Body Massage	R 715

SPORTS MASSAGE

Our qualified Sports Massage therapist will concentrate on specific concerns (*bookings subject to availability*)

45 minutes - Treatment	R 465
60 minutes - Treatment	R 645
75 minutes - Treatment	R 735

HERBAL HAIR AND SCALP TREATMENT

A relaxing Hair and Scalp treatment with our uniquely blended Hair & Scalp Mask and Tissue oil, helps to relieve tension in the scalp as well as to hydrate and repair damaged hair.

30 minutes Treatment	R 385
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FOOT SCRUB AND FOOT MASSAGE

A relaxing foot scrub with our African Indigenous exfoliator followed by a refreshing Aloe and Mint foot mask and foot massage.

30 minutes	R 315
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REFLEXOLOGY TREATMENT

A unique foot pressure massage, improving circulation and help promote the natural well-being and functions of the body.

30 minutes Treatment	R 350
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Massage Enhancers

Add any of the following to your massage to create your own unique massage at no extra time:

Exfoliating Massage with the Mio Body Buff	Back	R 100
	Full Body	R 180

Self-Heating Mud	R 150
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Hot Stone	R 50
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Cup Massage	R 50
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Lilian Terry Wrap per area	R 110
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Bio-Therapeutic Nano Lifting Eye Treatment	R 150
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Signature Massage Therapies

AFRICAN INDIGENOUS BALM MASSAGE

A special blend of Rooibos, Marula, Baobab, Kigelia and Honeybush will give you the true African Bushveld experience starting with a back exfoliation ending with the balm massage where we massage according to your pressure preference leaving your skin soft, nourished and muscles relaxed.

45 minutes - Back, Neck and Shoulder Massage	R 485
75 minutes - Full Body Massage	R 775

THAI POULTICE AND STICK MASSAGE

A unique deep tissue, detoxing massage, combining a Dead Sea salt, spice and oil infused hot compress, with traditional Swedish massage movements and Orange wood sticks to remove deep seated knots.

45 minutes - Back, Neck and Shoulder Massage	R 465
90 minutes - Full Body Massage	R 785

Body Therapy

LILIAN TERRY BODY CLAY WRAP

60 minutes	R645
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Lilian Terry's collection of body wraps have been selected and designed to combine the therapeutic benefits of traditional African ingredients, essential oils, natural sun dried clays and herbal extracts. This treatment will consist of a full body exfoliation with your choice of wraps to treat certain concerns.

ESSE Wellness Journey

120 minutes	R 950
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Start this journey with a full body exfoliation from ground Coffee beans, Cocoa and Coconut oil to stimulate circulation and nourish with anti-oxidants. The Clay, Fennel and Grape Fruit body wrap eliminates toxins and heavy metals by decongesting the lymphatic system and reducing water retention. Your skin will regain softness and firmness, leaving you relaxed with a feeling of wellbeing and regained vitality.

ESSE Cellu-Slim Journey

120 minutes	R 965
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A potent combination of Guarana, Coffee and Cocoa extracts, kick starts the breakdown of unwanted fatty deposits. Sesame and Coconut oil deliver potent antioxidants leaving the skin refined and nourished.

Body Exfoliations

AFRICAN BUSHVELD BODY GLOW

30 minutes	R450
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With our unique African Bushveld Body Glow exfoliation treatment, we transform dull, rough skin, with our combination of African Indigenous Extracts and crushed Walnut shells, to a smoother, hydrated and radiant glowing skin.

MIO SCRUB RUB GLOW

30 minutes	R550
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Mio's perfectly rounded pumice granules softens, smooth's and removes all dead skin. Followed by an Omega Rich rub, you will leave with a healthy glowing skin.

Skin Care

DERMALOGICA

DERMALOGICA MICROZONE TREATMENT

30 minutes	R320
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When you do not have a lot of time on your hands this zone specific treatment will target your concern areas.

MEN'S DERMALOGICA TREATMENT

75 minutes	R680
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A masculine facial treatment specially designed for men. A deep cleansing facial, including a smoothing exfoliation and extractions.

DERMALOGICA SKIN TREATMENT

75 minutes	R680
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The latest advances in skin analysis provide you with a treatment specifically designed to address your personal skin concerns. It's targeted skin care for exceptional results. This facial does include steam and extractions.

DERMALOGICA AGE SMART TREATMENT

75 minutes	R720
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Are signs of aging becoming more prevalent on your skin? Give it a revitalizing power boost with this treatment designed to help firm, smooth, nourish, regenerate and energize while controlling the biochemical triggers that lead skin to ageing.

DERMALOGICA ION ACTIVE POWER TREATMENT

45 minutes	
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This customisable, expert strength, bio-charged treatment offers a skin changing combination of the thermal activity, touch therapy, and the latest in technology for optimal product penetration, relaxation and dramatic skin health improvement.

Anti Ageing ION ACTIVE Treatment	R595
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Clearing ION ACTIVE Treatment	R595
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Brightening ION ACTIVE Treatment	R550
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Hydrating ION ACTIVE Treatment	R550
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ESSE ORGANIC SKINCARE

ESSE HYDRATING FACIAL

30 minutes	R320
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Quench your skin's thirst with potent moisturising and nourishing plant actives from Aloe, Maketti and Marula. This express facial will revive your natural glow and improve the texture, hydration and elasticity of your skin.

ESSE DETOX FACIAL

60 minutes	R625
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Restore balance to your skin by detoxing it from harmful pollutants and chemicals. Bentonite and Kaolin draw out deep rooted impurities and deeply cleanse the skin while Peppermint and Spearmint improve micro-circulation and further aid in the elimination of toxins.

ESSE LUXURY FACIAL

75 minutes	R695
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Take your skin on a journey it will never forget! This treatment supplements with a blend of Omega 3,6 and 9 oils, in combination with high levels of anti-oxidants to awaken the skin, leaving it firmer and plumping out fine lines and wrinkles.

BIO-THERAPEUTICS

BIO-THERAPEUTIC LIFTING FACIAL

45 minutes	R425
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With our facial we use the Bio-Therapeutic 3 step Cocktail set to enhance ATP synthesis in cellular level and using the unique Suzuki sequence current to re-educate facial muscle giving you an instant facial lifting effect.