

TREAT YOURSELF TO A

SPA DAY



MASSAGES

DEEP TISSUE MASSAGE

Firm pressure with stretch. This massage uses stretching techniques and is recommended for the active person. It eliminates aches and tightness found in the muscle and is wonderful after a game of golf, cycle, run or general exercise.

60mins R1300
90mins R1450

CLASSIC SWEDISH MASSAGE

Medium pressure. A restorative massage that uses long kneading stroke with regulated pressure. This massage improves circulation, relieves muscle tension and is both invigorating and relaxing.

60mins R850 | 90min R1150

BACK, NECK & SHOULDER MASSAGE

A unique blend of deep tissue massage techniques. This massage is designed to reduce stress and promote relaxation. Medium pressure.

45mins R750 | 60mins R900

FOOT & LEG MASSAGE

Pressure Point : Reflex treatment

45mins R850



HOT STONE MASSAGE

Medium to firm pressure. Using volcanic mineral stones, let us heat and relax your muscle. Allowing us to massage to the core of your muscles.

60mins R900 | 90min R1150

INDIAN HEAD MASSAGE

Medium to firm pressure. An Indian head massage stimulates the flow of blood, lymph and oxygen in your upper body which will clear your sinuses, relieve stress and help you sleep better. It uses Swedish techniques for treating the scalp, neck, shoulder and upper arms. Drift away into a peaceful sleep.

45mins R850

AROMATHERAPY MASSAGE

Includes fragrant candle. Medium pressure. This massage invigorates the sense of smell and touch. It is a fragrant head to toe massage which uplifts the soul while relaxing the mind and body.

60min R900 | 90min R1250

MOM TO BE MASSAGE

Pressure tailor-made to Mamma's needs.

This is a 60min treatment massage with soft pressure.

60min R1300

BOOKINGS TWO HOURS IN ADVANCE

T: 044 382 0631

E: INFO@ISSAQUENAHEIGHTS.CO.ZA

A: 4 BOSBOU STREET, UPPER CENTRAL KNYSNA



WAXING

A MINIMUM OF 2

Facial wax: lip, brow	R350
Bikini	R300
Full arm	R250
Brazilian	R300
Back wax	R400
Hollywood	R400
Underarms	R300

EXPRESS MANICURE

File, cuticles ,buff and paint

30min @ R350

EXPRESS PEDICURE

File, cuticles, buff and paint

30min 2 R400



HAND AND FEET

BEAUTIFUL SUMMER HANDS & FEET

Remove dead skin cells with exfoliation, condition your cuticles, buff and file your nails before choosing colour or French polish after receiving a luxurious massage with re-hydrating essential oils to soften and improve skin condition .

PLEASE RESERVE WITH RECEPTION.
CANCELLATION SHOULD BE DONE AN
HOUR BEFORE. MOBILE SPA AT YOUR
COMFORT, IN YOUR SUIT OR IN OUR
THERAPY ROOM. AT A TIME THAT
SUITS YOU BEST.

