

# Spa Menu

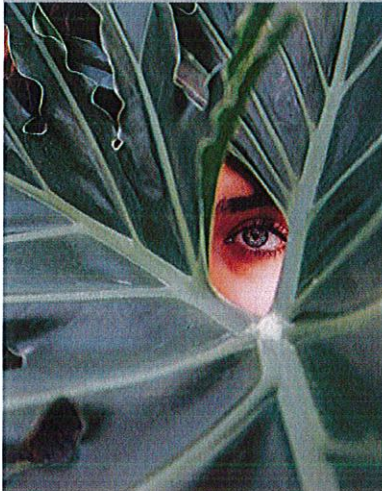
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WWW.WHISPERINGPINES.CO.ZA

Whispering Pines  
COUNTRY ESTATE



## DELIGHT



### RIVER DANCE MASSAGE (45 MINUTES R500.00)

The natural dance like rhythm, lulls one into deep relaxation. Long flowing movements along the body provide a synergistic rhythmic flow. Back of Body massage with the use of forearms, hands and elbows in deep, dynamic flowing strokes to release physical blockages.

### DEEP TISSUE (60 MINUTES R760.00)

Transformation is achieved from tension to utter relaxation during this full body massage. Deep pressure is used to release tension, heated herbal bags for pain relief. Fragranced warmed oil is poured over your body to promote relaxation and tranquility.

### HOT STONE MASSAGE (60 MINUTES R700.00)

Full body massage using volcanic hot stones. Expert movements and infused oils lull you into deep relaxation.

Feel nurtured and indulged with this soothing massage.

## INDULGE



### METAMORPHOSIS (210 MINUTES R1820.00)

Complete body treatment. Aromatic back, neck and shoulder massage for heavenly relaxation. Followed with hand and foot treatments and a final indulgence of an ageless facial.

### SWEDISH MASSAGE (60 MINUTES R700.00)

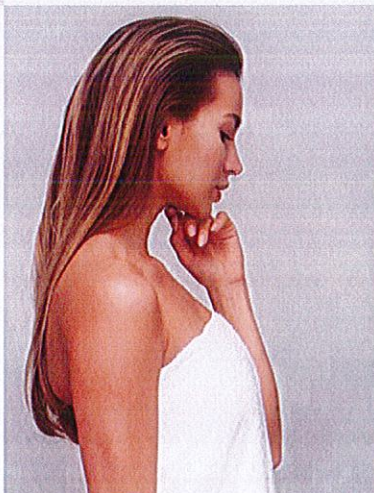
Full Body!

### MANICURE (60 MINUTES R440.00)

Restore natural beauty to your hands as you rest and relax! We will nourish and hydrate your hands and arms, including shaping, buffing and cuticle treatments.

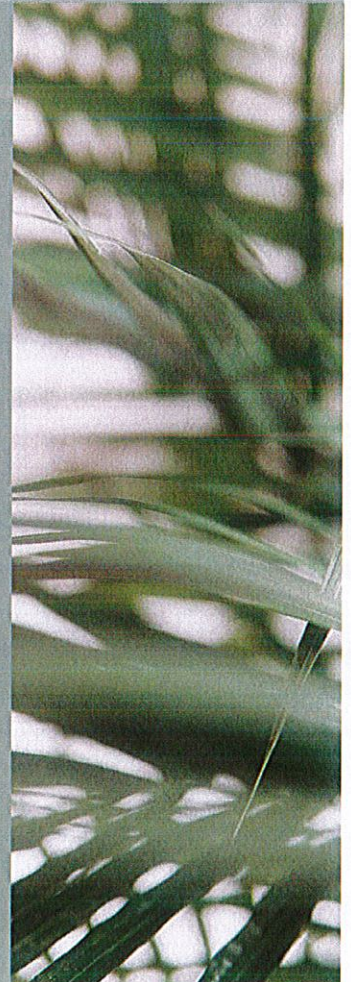
### CIRCULATION BOOSTER (60 MINUTES R500.00)

Unique water cleansing in preparation for deep relaxation. Stress relieving massage technique for the feet and legs improving circulation. Lathered with rich healing balm to awaken refreshed and floating on air!



### PEDICURE (60 MINUTES R520.00)

Bathe your feet in warm water with soothing pebbles. Scrub travels away and nourish your nails!



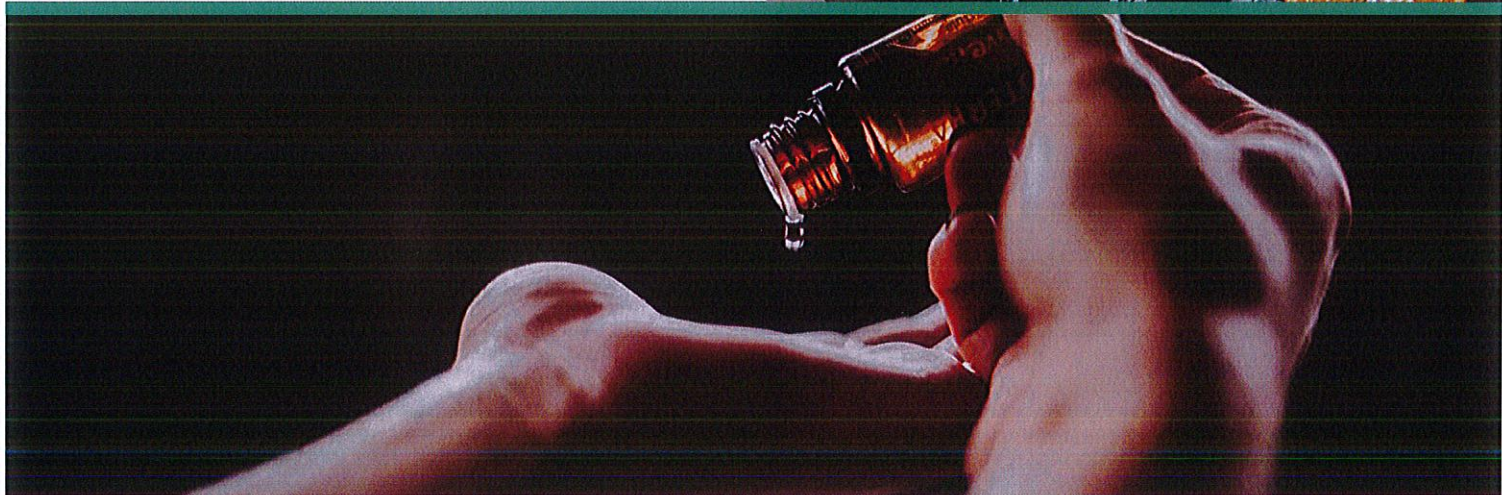
# FACIAL BAR

ANTI-AGING FACIAL (60 min)	675
WELLNESS FACIAL (60 min)	675
AROMATIC FACIAL (60 min)	675



# MASSAGE BAR

BACK NECK SHOULDER (30 min)	400
BACK NECK SHOULDER (45 min)	450
INDIAN HEAD MASSAGE (30 min)	350
FOOT MASSAGE (30 min)	350



# HONEYMOON

Full body hotstone massage | Indian head massage | Facial or pedicure | Picnic basket for two

PER COUPLE (2 PAX)

120 MINUTES	R3000.00 WITH PICNIC
120 MINUTES	R2500.00 WITHOUT PICNIC

*Champagne is available on request*

CHARGED ADDITIONALLY

