TEREMOK SPA



EST. 2003

MASSAGE THERAPY

Specifically blended aromatherapy oils relieve muscular pain and inflammation, and assist with de-stressing.

Intense Full Body - Swedish or Deep Tissue	1hr30/R1350
Full Body - Swedish or Deep Tissue	1hr/R950
Back & Neck - Swedish or Deep Tissue	1hr/R950
Reflexology	1hr/R800
Back	30min/R550
Leg & Foot	30min/R450
Head	20min/R350

Combos

Full Body Exfoliation & Full Body Massage	1hr30/R1200
Full Body Massage & Reflexology	2hr/R1550

CBD MASSAGE

Our in-house blend of aromatherapy oils, infused with CBD oil, give optimum results and are deeply relaxing.

CBD Intense Full Body - Swedish or Deep Tissue	1hr30/R1600
CBD Full Body - Swedish or Deep Tissue	1hr/R1200
CBD Back, Neck & Head - Swedish or Deep Tissue	1hr/R1200
CBD Reflexology	1hr/R900
CBD Back	30min/R750

SUCCUMB TO THE DEFINITIVE EXPERIENCE

SPECIALITY MASSAGE

Full body massages with specialised techniques for a different experience or specific concerns.

Hot Stone Intense Full Body	1hr30/R1450
Hot Stone Full Body	1hr/R1050
Hot Stone Back	1hr/R600
Cupping/Lymphatic Drainage	1hr/R1050
Pregnancy	1hr/R1050

COUPLE'S TREATMENTS

Treatments are done in the same room, and are all discounted. Let us know if you are celebrating a special occasion.

Massage Therapy

CBD Intense Full Body	1hr30/R2800
Intense Full Body	1hr30/R2400
CBD Full Body	1hr/R2150
Hot Stone Full Body	1hr/R1900
Full Body	1hr/R1700
Back & Neck	1hr/R1700

Romantic Ritual

Leave-on full body exfoliation — 1hr15/R2000
Body brushing with bamboo gloves
Foot pressure point massage
Gentle massage application of Cherry Blossom hot shea butter
Treatment room is decorated with candles & rose petals

Cupid Package

Full Body Massage — 3hr/R2800
Pedicure
Breakfast or Lunch

All prices quoted are per couple.
Any of our other treatments can be done in a couple's room and will be discounted by 10%.
Let us tailor-make your experience.

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FACIAL TREATMENTS

All treatments use professional, probiotic Esse products, and advanced ultrasound and microcurrent technologies.

Age-Defying Facial 1hr30/R1450
Potent probiotics are combined with natural botox treatments, a non-surgical "facelift" to treat deep expression lines and lift muscles, and an age-combatting massage.

Teremok Signature Facial 1hr30/R1300
A luxurious facial with premium products, and a therapeutic, relaxing massage therapy that uses nine different techniques. Included is a pot of omega moisturiser for homecare. Beneficial for menopausal or dry skin.

Luxury Live Probiotic Facial 1hr30/R1250
The ultimate live probiotic treatment. Designed to restore the skin to its natural state using world-class products and a bespoke facial massage.

Brightening Facial 1hr15/R1250
A multifaceted, intensive exfoliation process eliminates dullness, fades pigmentation, and smooths discolouration. An omega mask and serums restore a hydrated, luminous glow.

Classic Facial
Tailor-made for all skin types using prebiotics and probiotics to hydrate, soothe stressed skin, boost collagen and calm inflammation. 1hr/R900

Express Facial 30min/R550
Targeting your key concerns for fast, visible results.

Skin Analysis 15min/Free
Professional, personalized skin analysis.

Advanced Micro-Needling 1hr30/R1900
Collagen induction therapy for the face, neck and décolleté, followed by a calming massage and cooling mask.

Micro-Needling 1hr/R1100
Collagen induction therapy for the face.

Dermaplaning R600/R400 (facial add-on)
A medical scalpel is used to remove the epidermis and all fine facial hair, leaving the skin smoother and brighter.

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BODY TREATMENTS

Full Body Exfoliation	30min/R400
Back Exfoliation	15min/R250
Back Facial	30min/R500

Hanakasumi Body Ritual 1hr15/1100

A Japanese-inspired ritual that includes a leave-on body exfoliation, dry body brushing, therapeutic foot massage, and a gentle full body massage application of Cherry Blossom hot shea butter.

HANDS

Gel Polish

Gel Manicure	1hr15/R470
Express Gel Manicure	1hr/R380
Gel Application	1hr/R330
Acrylic Dip & Gel Colour	1hr15/R440

Manis & Paints

Manicure	1hr/R350
Express Manicure	30min/R260
Shape & Paint	20min/R180
Buff & Shine	20min/R150

FEET

Gel Polish

Gel Pedicure	1hr15/R530
Express Gel Pedicure	1hr/R420
Gel Application	1hr/R330

Pedis & Paints

Pedicure	1hr/R420
Express Pedicure	30min/R300
Shape & Paint	20min/R180
Buff & Shine	20min/R150

Foot Peels

Peel & Gel Pedicure	1hr30/R800
Peel & Express Gel Pedicure	1hr15/R700
Peel & Pedicure	1hr15/R700
Peel & Express Pedicure	1hr/R570
Peel	45min/R400

Free gel soak-off with all re-applications

Save!
Gel Hands
& Gel Feet
Combo
R600

TINTING

Lash & Brow	30min/R190
Eyelash Tint	15min/R100
Eyebrow Tint	15min/R100

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WAXING

We use low temperature, hypo-allergenic waxes, in conjunction with a professional waxing product range. Strict hygiene protocols are adhered to.

For Her

Full Face	R300
Eyebrows	R100
Lip	R100
Lip & Brow	R190
Chin	R100
Full Leg	R340
Half Leg	R240
Full Arm	R240
Half Arm	R170
Underarm	R140

Hollywood R350
Everything off from bonnet to bottom.

Brazilian R300
Everything off except for a strip on the bonnet.

G-String R200
Sides and top of the g-string panty line.

Bikini R160
Sides and top of the panty line.

Vajaycial R450
Cleanse, exfoliation, extraction of ingrown hairs, mask, brightening serum & moisturiser.

Add-On Vajaycial R200
Add-on to a Hollywood or Brazilian wax.

For Him

Eyebrows	R100
Ears	R100
Nose	R100
Full Back	R400
Half Back	R300
Chest	R350
Stomach	R300
Full Leg	R380
Half Leg	R280
Full Arm	R270
Half Arm	R200
Underarm	R170

Bareback R400
Everything off from the pubic area through to the anus.

R360

Fluffer
Everything off from the shaft through to the anus.

Bum Cheeks R220
Outer cheeks only.

Briefs R160
Sides and top of the briefs line.

The Full Monty R1600
Everything off: full leg, full arm, chest, stomach, face and intimate areas.

Ask about our professional waxing home care range

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PACKAGES

Our carefully curated packages are all discounted.

6hr30/R3900

Cocoon
Buffet Breakfast
Hanakasumi
Teremok Signature Facial
Lunch & Refreshment
Reflexology
Full Body Massage

1hr30/R1500

CBD Experience
CBD Reflexology
CBD Back Massage

3hr30/R2700

Body & Soul
Luxury Live Probiotic Facial
Full Body Massage
Reflexology

3hr/R2300

Bliss
Intense Full Body Massage
Teremok Signature Facial

Breakfast or lunch can be added to any package.

PSST...

stuff you need to know

- Open Monday to Friday: 8H30 to 17H30
- Open Weekends & Public Holidays: 8H30 to 16H30
- We do physical and electronic vouchers
- We host group bookings & celebrations
- A deposit of 50% is required for packages and couple's treatments
- A full cancellation fee applies to cancellations made within 24 hours
- Prices are subject to change without notice

Download Treatment Menu

TEREMOK spa

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