



## IN-ROOM SPA MENU

Please book your treatment with you hostess at least a day in advance as we make use of a travelling spa. A minimum of two guests are required to make a booking. We use locally handcrafted oils by Godding & Godding

### African Swedish Massage

An invigorating massage that revives the body and enlightens the spirit. This traditional Swedish massage with pure, nourishing oils boosts your circulation, alleviates tightness and aching muscles

60 min

2-3 guests

4-5 guests

6 guests

R1650 pp

R1350 pp

R1250 pp

90 min

R1920 pp

R1620 pp

R1520 pp

### Deep Tissue Massage

Restore comfort, suppleness and movement with this intensely effective massage which is designed to manipulate strained muscles and to improve flexibility

60 min

R1800 pp

R1500 pp

R1400 pp

90 min

R2160 pp

R1860 pp

R1760 pp

### Hot Stone Massage

A massage with a warm touch of hot stones to unravel persistent muscular tightness while pure oils encompass your mind to relieve stress, recharge your spirit and leaving you feeling rejuvenated

60 min

R1750 pp

R1450 pp

R1350 pp

90 min

R2000 pp

R1700 pp

R1600 pp

### De-Stress Neck & Shoulders Massage

The light to medium pressure helps relieve stress, reduce pain, boost mood and promote relaxation. This massage is exceptionally beneficial for increasing the level of oxygen in the blood.

60 min

R1650 pp

R1350 pp

R1250 pp

**Add a Foot treatment onto your massage for only R360**