FULL BODY SWEDISH MASSAGE

A soothing massage that works the soft tissue and muscles, creating a calming and balancing effect on the nervous system. Local therapeutic oils help to improve circulation and relax the body.

60 Minutes

R 1,200

90 Minutes R 1,600

BACK, NECK AND SHOULDERS

A commonly overstressed area, this massage targets the muscles holding the most tension in the body. Ideal for relieving stress, improving posture and unwinding the mind.

60 Minutes

R 1,200

90 Minutes

R 1,600

INDIAN HEAD MASSAGE

An ancient, therapeutic practice targeting pressure points along the scalp, neck and shoulders.

30 Minutes R 950

FOOT MASSAGE

Helping to relax the entire body, aid sleep and leave you feeling more rejuvenated.

30 Minutes R 950

