



# Spa Menu

## Back, Neck, and Shoulder Massage

**30 min: R600 / 60 min: R900**

## Deep Tissue Back, Neck and Shoulder Massage

**30 min: R610 / 60 min: R1 080**

Want to get rid of all your knots and nodules? This is the perfect massage.

## Back, Neck and Shoulder Massage with Scalp or Back of Legs

**45 min: R840**

An invigorating back massage accompanied by either a scalp massage or a back-of-legs massage.

## Pressure Point Foot Massage

**30 min: R480**

Have tired feet? Enjoy a foot soak followed by a relaxing pressure-point foot massage.

## Full Body Massage

**60 min: R1 080**

A customised body massage designed to relax, detox and revitalise your mind, body and soul.

## Relaxing Full Body and Scalp Massage

**90 min: R1 440**

Enjoy a relaxing full-body massage, including a deeply soothing scalp massage.

## Deep Tissue Full Body Massage

**60 min: R1 200**

Experience an invigorating massage with deep-pressure movements to release tense knots and nodules.

## Deep Tissue Full Body and Scalp Massage

**90 min: R1 800**

A deep-pressure massage to release knots, combined with a pressure-point scalp massage for total relaxation.

## Cranial Healing

**60 min: R1 200**

Enjoy a relaxing back, neck and shoulder massage followed by a scalp and facial massage that relieves muscle tension and breaks down knots and stiffness.