



TREAT YOURSELF AT KHAYA NDLOVU

# SPA TREATMENT MENU

PRE-BOOKING ESSENTIAL

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# MASSAGE TREATMENTS

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## HOT STONE FULL BODY MASSAGE

A natural treatment whereby hot stones are placed on various parts of the body to promote relaxation, improve circulation and relieve painful areas.

90 MINUTE FULL BODY	- R 1,000.00
60 MINUTE FULL BODY	- R 800.00
30 MINUTE FULL BODY	- R 700.00

## DEEP TISSUE FULL BODY MASSAGE

Deep tissue massage offers both physical and psychological benefits. Unlike other massage techniques that focus on relaxation, deep tissue massage helps to treat muscle pain and improve stiffness.

90 MINUTE FULL BODY	- R 1,100.00
60 MINUTE FULL BODY	- R 900.00
30 MINUTE FULL BODY	- R 650.00

## SWEDISH FULL BODY MASSAGE

Designed to relax the entire body by rubbing muscles in long, gliding strokes in the direction of blood returning to the heart. Helps to improve circulation and flexibility.

90 MINUTE FULL BODY	- R 850.00
60 MINUTE FULL BODY	- R 650.00
30 MINUTE FULL BODY	- R 500.00

# AROMATHERAPY FULL BODY MASSAGE

Aromatherapy massage is a Swedish massage therapy using massage oil or lotion that contains essential oils (high concentrated plant oils)

90 MINUTE FULL BODY	- R	950.00
60 MINUTE FULL BODY	- R	700.00
30 MINUTE FULL BODY	- R	600.00

## MASSAGE TREATMENT BOOSTER

A 50 minute booster treatment focusing on the back, neck, calves and feet using Swedish massage techniques.

50 MINUTE FULL BODY	- R	900.00
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## OTHER MASSAGE TREATMENTS

10 MINUTE HAND MASSAGE	- R	100.00
10 MINUTE FOOT MASSAGE	- R	100.00
30 MINUTE INDIAN HEAD MASSAGE	- R	500.00
60 MINUTE BODY EXFOLIATION	- R	850.00

## FACIAL TREATMENTS

DEEP CLEANSE FACIAL	- R	700.00
ANTI-AGEING FACIAL	- R	650.00
HYDRATING FACIAL	- R	600.00
BALANCING FACIAL	- R	550.00
APPETIZER FACIAL	- R	500.00

## FOOT + HAND TREATMENTS

HAND RITUAL (45 MIN)	- R	350.00
FOOT RITUAL (45 MIN)	- R	450.00
MANICURE	- R	500.00
PEDICURE	- R	850.00