



# EXPERIENCE

pure indulgence

## HAND & FOREARM MASSAGE - 50 Minutes

**R295** per person

Because we use our hands and arms in almost everything we do, it makes good sense to be kind to them to ensure loving hands can keep on giving. Enjoy this relaxing and soothing experience which relieves stress, pain or discomfort in arms, hands and wrists.

## FULL-BODY MASSAGE & HOT STONES

- 50 Minutes

Ancient Stones carrying the energy of the Earth invigorate and stimulate the body as warm oils are drizzled over the body. Hot Stones then release the tension trapped deep within the muscles. Assisting in pain relief and circulation.

**R450** per person

## HYDRATING ALOE FACIAL (Non-Beauty) - 50 Minutes

This desert plant is not only medicinally beneficial, but packed with active compounds that nourishes, moisturises and protects.

**R450** per person

## SCALP, NECK & SHOULDER MASSAGE

- 50 Minutes

Calming for the mind, surprisingly deeply relaxing, ideal for the workaholic or those who endure mental as well as physical stress.

**R295** per person

## FOOT, ANKLE & CALF MASSAGE - 50 Minutes

Our feet, ankles and calves help us run, walk and jump. They work hard for our bodies and need tender loving care. To have a foot massage on sore feet can feel like heaven, let alone the wonderful relief one gets from a massage on your ankles and calves! Our massage helps heal and care for you by improving circulation and blood flow, through it delivering nutrients to these parts of your body as well as lowering blood pressure. So whether you have just run a marathon, or about to, or even if you are not a sports person, this massage will help relieve and restore your lower legs, feet, ankles and joints so you will want to jump for joy!

**R295** per person

### OTHER BRANCH LOCATIONS

The Venue Country Hotel & Spa  
Hartbeespoort

Velmoré Hotel & Spa  
Erasmia, Centurion

Zevenwacht Wine Estate  
Kuijs River, Stellenbosch

**BOOK NOW**



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