

**Meditation Time****15min****INCLUDED**

You can book a time block for 15 minutes before or after your massage to just zone out on the massage bed.

**Minutes for Samples****15-30min****INCLUDED**

Choose to 'sample' a different modality during their regular massage time to see if you like it and want it added in later. You still get your full massage time, with just 15 minutes 'extra' of trying something new.

**The Toasty Toes****30-60min****R60**

For those clients that get cold feet easily. You can have your feet in this the entire time and end your massage or facial with an extra massage on nice warm feet.

**Therapy Hands****30-60min****R60**

For those clients that would like to renew their tired looking hands. You can have your hands in this the entire time and end your massage or facial with an extra massage on nice warm hands.

**Back 'Facial'****30min****R160**

Involves an application and removal of a body mask. Activate the enzymes by steaming the back. This treatment assists to cleanse, reduce swelling, nourish the system and eliminate toxins.

**Steam Cocoon****15min****R40**

Conclude your body exfoliation or therapeutic mud wrap by activating your cocoon by the heat of the steam which assists in eliminating toxins, conditioning and toning the skin and relaxes the muscles.

**Royal Feet****15min****R60**

Give your feet the royal treatment which involves exfoliating, steaming and adding extra time to massage your feet with the essence of grape seed.

**Four Hands Retreat****20min****R200**

Conclude your treatment with a simultaneous head and foot massage leaving the mind uplifted, the body energized and the skin exotically fragrant.

**Time Rituals****2-6Hrs****TIME DEPENDEND**

Book time rather than specific treatments, so that services can be tailor-made to meet individual needs. Each "Time Rituals" begins with a soothing foot ritual and is designed to restore a natural state of equilibrium.

R350 for 1<sup>st</sup> hr, R250 for 2<sup>nd</sup> hr & R180 p/h added

**Holistic Body Treatment****15min****R120**

Conclude your massage or body treatments with a facial cleanse to enhance your full body experience.

**Balancing Ritual****30min****R250**

Flow into a revitalising mini facial after your full body massage. At the end of this treatment you will feel completely balanced.

**Indian Head Massage****30min****R120**

Experience this treatment which is deeply calming and relaxing, leaving you feeling energised and revitalised and better able to concentrate.

**Body Polish****30min****R160**

Renew your skin by exfoliating the skin's outermost surface. This is a great way to achieve smooth, soft and healthy skin.