



Massage Therapies

Thai and Oil Mixed Method Massage
60 min R450 · 90 min R650

(Medium to Firm Pressure) This massage is a combined technique of an Oil massage with a twist of stretching, bending, and pulling for a greater experience. It has combined effects of Thai massage to help people feel mentally and physically restored.

Aromatherapy 60 min R450 · 90 min R650

(Relaxing treatment) This massage treatment provides extra therapeutic skills with use of specialized techniques enabling one to reduce anxiety, ease depression, boost energy levels, speed up the healing process, eliminate headaches, boost cognitive performance, induce sleep, strengthen immune system, reduce pain, improve digestion and increase blood circulation.

Oil Massage 60 min R400 · 90 min R600

(Medium pressure) This form of massage is a very gentle technique compared to Thai and Oil mixed massage, where your skin blood circulation relaxes the body and calms the mind with the application of hot oils.

Swedish Massage
60 min R400 · 90 min R600

(Soft-medium pressure) This is a gentler than deep tissue massage and better suited for people interested in relaxation, blood flow and tension relief. Therapists use the technique of kneading, long strokes, and circular movements.

Hot Stone Back Massage
60 min R500 · 90 min R700

(Pink Himalayan stones or Heated basalt stones) A full body massage where the use of smooth heated stones on the back area only helps to soothe aching muscles, improves breathing, reduce stress, increase energy and improve sleeping.

Deep Tissue Massage
60 min R450 · 90 min R650

(Hard pressure) This is a type of massage therapy that focuses on re-aligning the layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, lower back, tightness and sore shoulders.

Sports Massage
60 min R450 · 90 min R650

Is designed to help athletes before, during and after training. It is useful for anyone who exercises to increase flexibility, prevent injuries and help with healing after sports injury.

Back, Neck & Shoulder Massage
30 min R300 · 60 min R450

This massage focuses purely on the back, neck and shoulder areas to relieve tension, pain of these commonly overstressed muscles.

Head, Back, Neck, Shoulder and Foot massage
60 min R450 · 90 min R650

This massage focuses on Back, Neck, Shoulder, it will help relax the muscle and keep joints, tendons and ligaments flexible. This ends off with a soothing head massage and foot massage.

Oil Herbal Compress Massage
60 min R500 · 90 min R650

This treatment has been used for centuries as a detoxification. It has countless benefits for the body. Heat induces muscle relaxation while the herbs relieve muscle and joint pain. Soft balls are filled with a special blend of Asian herbs and are steamed before being pressed onto fatigued muscles on back area.

4 Hands Full Body Massage
60 min R700 · 90 min R1200

A 4-hand massage is a massage therapy where two therapists work on one client, using synchronized movements to relax muscles.

Bamboo Massage Therapy
60 min R500 · 90 min R700

This is a unique and deeply relaxing treatment that uses smooth bamboo sticks to massage and roll over specific areas of the body. The bamboo sticks allow the therapist to apply deeper pressure while maintaining a soothing and flowing massage rhythm. This treatment is especially effective for relieving tight muscles on the feet, calves, back and shoulder area.

Fire Cupping 30 min R299 · 60 min R500

Is an alternative, non-invasive treatment technique that uses special cups placed on the back to encourage blood flow, it gives the body the boost in releasing/flushing built-up toxins through the lymphatic system.

Express Chair Massage
15 min R150 · 30 min R300

It is a quick, yet effective treatment performed on a specially designed seated massage chair. This treatment focuses on relieving tension in the neck, shoulders, upper back, arms, and hands. Perfect for busy clients who need fast stress relief without changing clothes.

Head and Scalp Massage
15 min R150 · 30 min R250

It has been known to relieve stress, tension, insomnia, headaches, migraine, and sinusitis.

Traditional Filipino Hilot Massage (Banana Leaf Therapy)
60 min R500 · 90 min R700

An authentic Filipino wellness ritual inspired by the traditional practice of Hilot. Warm banana leaves are used as part of the treatment to help assess tension, followed by traditional hands-on massage techniques, rhythmic pressure and therapeutic movements to promote deep relaxation and ease muscular tension.

Oriental Fusion
60 min R500 · 90 min R700

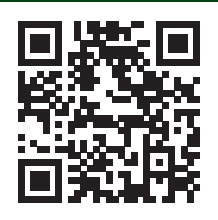
A unique full-body treatment inspired by three traditional Asian healing techniques — Japanese Shiatsu, Indo-Balinese massage, and Chinese Herbal Hammer Tapping. The treatment combines pressure-point techniques, flowing massage movements, gentle stretching, and rhythmic herbal tapping to help release muscle tension, encourage relaxation, and restore a sense of balance throughout the body.

Pregnancy Massage — From 2nd Trimester
60 min R450 · 90 min R650

A gentle, soothing massage designed to promote relaxation and relieve common pregnancy-related muscle tension and discomfort. Specially adapted for comfort and safety during pregnancy. Available from the second trimester onwards. Please consult your healthcare professional before booking if you have any pregnancy-related concerns or complications.

Lymphatic Drainage Massage
60 min R450 · 90 min R650

A gentle, rhythmic treatment that supports natural lymph flow and may help with feelings of swelling, heaviness and fluid retention, leaving you feeling refreshed and relaxed.





Hands & Feet

Express Manicure 30 min · R300

Quick nail refresh including nail shaping, cuticle tidy and light buffing.

Express Manicure — Classic Polish 45 min · R350

Quick nail refresh including nail shaping, cuticle tidy, light buffing and your choice of classic polish.

Express Manicure — Gel Polish 60 min · R400

Nail shaping, cuticle tidy and long-lasting gel polish application for a clean, glossy finish.

Deluxe Manicure — Classic Polish 60 min · R400

Complete hand and nail care with shaping, cuticle care, exfoliating hand scrub, nourishing hand mask, relaxing hand massage, and classic polish.

Deluxe Manicure — Gel Polish 75 min · R450

Complete hand and nail care with shaping, cuticle care, exfoliating hand scrub, nourishing hand mask, relaxing hand massage and long-lasting gel polish.

Gel Overlay + Nail Art 60 min R400

Natural nails with rubber base/gel overlay and nail art. No extensions. Add-ons: soak off + file + buff with gel polish R90, soft gel tips R150; nail art per nail basic R15, sticker R20; French paint full set R50; paraffin dip hands R100.

Full Cover Gel Tips — Single Colour 60 min R450

Full cover nail extensions with gel overlay and one gel colour. No nail art.

Full Cover Gel Tips + Nail Art 90 min R600

Full-cover nail extensions with gel overlay and basic nail art.

Express Pedicure 30 min · R300

Quick nail refresh including toenail trimming, cuticle tidy and light buffing.

Express Pedicure — Classic Polish 45 min · R350

Quick nail refresh including toenail trimming, cuticle tidy, light buffing and your choice of classic polish.

Express Pedicure — Gel Polish 60 min · R400

Toenail trimming, cuticle tidy, light buffing and long-lasting gel polish application for a clean, glossy finish. Note: gel polish soak-off not included, +R80.

Deluxe Pedicure — Classic Polish 60 min · R400

Complete foot care with warm foot soak, toenail trimming, cuticle care, heel filing, exfoliating foot scrub, relaxing foot massage, and classic polish.

Deluxe Pedicure — Gel Polish 75 min · R450

Complete foot care with warm foot soak, toenail trimming, cuticle care, heel filing, exfoliating foot scrub, relaxing foot massage and long-lasting gel polish. Note: gel polish soak-off not included, +R80.

Express Foot Spa 30 min · R250

A refreshing treatment featuring a warm aromatic foot soak, gentle exfoliating foot scrub and relaxing foot massage.

Deluxe Foot Spa Ritual 60 min · R400

A luxurious foot-care ritual featuring a warm aromatic foot soak, exfoliating foot scrub, heel care, nourishing foot mask, and relaxing foot and calves massage.

Pressure Point Foot Therapy 30 min · R300

A focused pressure-point foot therapy using skilled thumb and finger pressure, with a traditional pressure-point stick used where appropriate for stimulation of specific points. Designed to ease tired feet, release tension and promote deep relaxation.

Foot & Calf Massage 30 min · R300

A soothing massage focusing on the feet, ankles and calves to relieve tired, heavy legs and promote relaxation.

Facial & Skin Care

Express Glow Facial 30 min · R300

A quick skin refresh including cleansing, gentle exfoliation, hydrating mask, moisturiser and SPF for a fresh, healthy-looking glow.

Deep Cleansing Facial 60 min · R450

A thorough cleansing treatment including double cleanse, exfoliation, warm facial steam, gentle pore cleansing, purifying mask, toner, moisturiser and SPF. Ideal for congested, oily or combination skin.

Brightening Glow Facial 60 min · R500

A radiance-boosting facial including double cleanse, exfoliation, gentle facial steam, brightening serum, nourishing mask, relaxing facial massage, moisturiser and SPF. Designed to leave dull-looking skin feeling refreshed and visibly radiant.

Anti-Aging Renewal Facial 75 min · R600

A rejuvenating facial including double cleanse, gentle exfoliation, warm facial steam where suitable, targeted serum, nourishing anti-aging mask, relaxing face, neck and décollete massage, moisturiser and SPF. Designed to improve the appearance of hydration, firmness and fine lines.

Body Care

Back Polishing Ritual 30 min · R300

Cleansing, exfoliating back scrub, warm towel removal and nourishing back moisturiser.

Full Body Polish 45 min · R450

Full-body exfoliation to remove surface dead skin cells, followed by warm towel removal and nourishing moisturiser.

Deluxe Full Body Polish 90 min · R750

Full-body exfoliation, warm towel ritual and relaxing full body massage.

Waxing

BY APPOINTMENT

WAXING FOR HER

Lip · 10min	R90
Chin · 10min	R90
Brow · 15min	R100
Underarm · 15min	R120
Half arm · 20min	R140
Full arm · 30min	R180
Half leg · 30min	R230
Full leg · 45min	R300
Bikini line · 20min	R200
Extended bikini · 30min	R250
Brazilian · 40min	R350
Hollywood · 45min	R400

Treatment times may vary depending on hair growth.

WAXING FOR HIM

Underarm · 20min	R150
Half arm · 25min	R170
Full arm · 35min	R220
Half leg · 35min	R280
Full leg · 50min	R350
Chest · 30min	R250
Chest and stomach · 40min	R300
Full back · 40min	R300
Intimate waxing · 45-60min	from R450

Treatment times may vary depending on hair growth.

Body Grooming

BODY GROOMING — HER

Underarm trim and groom · 15min	R100
Leg trim and groom · 30min	R200
Intimate trim and groom · 30min	R200

BODY GROOMING — HIM

Underarm trim and groom · 15min	R120
Chest and stomach trim and groom · 30min	R220
Back trim and groom · 30min	R220
Full leg trim and groom · 35-40min	R250
Intimate trim and groom · 30-40min	from R300

Intimate treatments are performed professionally with strict hygiene, privacy and client comfort. Available to adults 18+ only.

