



## MASSAGE TREATMENTS

### LUXURY FOOT SPA RITUAL

40min / R 500

Treat the most stressed area of the body by starting with a Fijn botanical salt scrub, followed by a Reflexology foot & calf massage, melting away all tension. A cooling foot mask is applied, and the feet are wrapped, while the body & mind drifts away in the beautiful music and surrounds.

### REJUVENATING FACE GLOW

60 min / R850

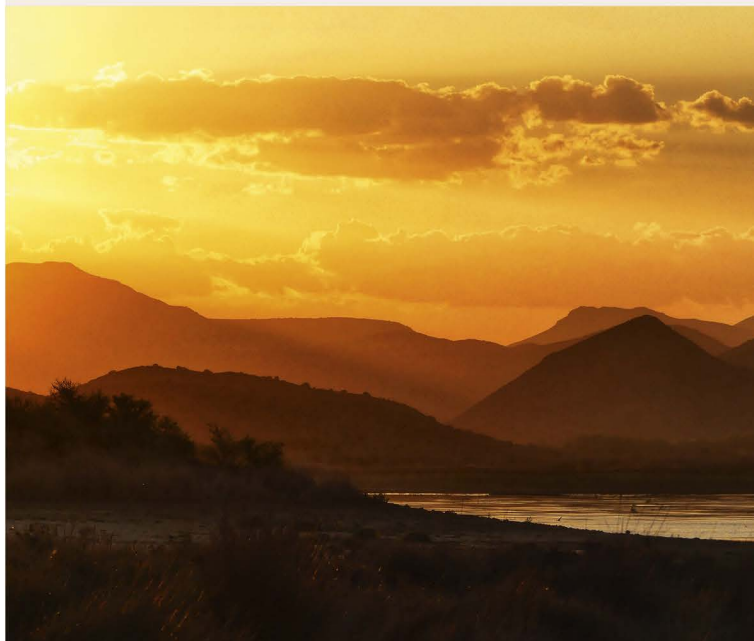
An introductory neck & shoulder massage is followed by an advance hydrating facial with Fijn Botanicals starting with a facial cleanse, exfoliation, followed by a steam session. A specialised mask application followed by a facial pressure point & scalp massage with Fijn Alabaster Botanical Serum.

### 'FYNBOS' BODY BUFF

40min / R 550

An all over body exfoliation, using Fynbos Body Scrub & Soak for stimulating collagen production, improving firmness, skin elasticity & tone and the lymphatic system. Feel invigorated and revitalized as your body is polished to a glowing perfection before receiving a Fynbos Body Lotion or body oil application.

## RELAXATION RETREAT MENU



## MASSAGE TREATMENTS

### 'THE SENSES SIGNATURE KEISIE'- MASSAGE

60min / R 950

Breathe in a breath of fresh country air as our signature 'Keisie' massage embodies the refreshing power of selected oils, aromas, candles & unique massage techniques. This unique experience is complimented by binaural beats, calming mind, body, and soul.

### 'FIJN BOTANICALS AROMATHERAPY BACK & NECK' - MASSAGE, OR FULL BODY MASSAGE

30 min BNS  
/ R450

Be the master of your own spa destiny by choosing between various essential massage oil blends, ending off with a soothing scalp massage using a specialised hair oil blend.

60 min FBM  
/ R950

### MOTHER TO BE MASSAGE

60 min / R 950

For the tired, expectant mother this massage applies nurturing movements to unwind & calm the body. Available in the second and third trimester.

### 'KINGNA DEEP TISSUE'- BACK & NECK MASSAGE

30 min / R450

An intensive massage through muscle reconditioning techniques to help relieve muscular tension on specific acupressure points, followed by the application of a refreshing circulatory gel.

30 min with  
hot stones  
/ R550

### 'KINGNA NEUROMUSCULAR'- SPORTS MASSAGE

60min / R 950

For the stressed individual, this massage places emphasis on the back of the body. Deep pressure, reflex pressure points and an aromatherapeutic muscle release oil works in synergy to ease muscular strain. Ending this journey includes the application of invigorating circulatory gel to balance & awaken the body.

