


BIG SKIES

WELLNESS



AFRICAN STICK MASSAGE

The African stick massage is a deep tissue and stress relieving treatment originating from Africa. Skillful movements are performed with the hands and variously sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stresses.

90 MIN FULL BODY MASSAGE R750

45 MIN BACK, NECK AND SHOULDER R650



KIDS MASSAGE 4-12 YEARS OLD

Something special for the kids, enjoy mini treatments for healing and relaxing

25 MIN BACK, NECK AND SHOULDERS R300

25 MIN LEG AND FOOT R300



BESPOKE FULL BODY MASSAGE

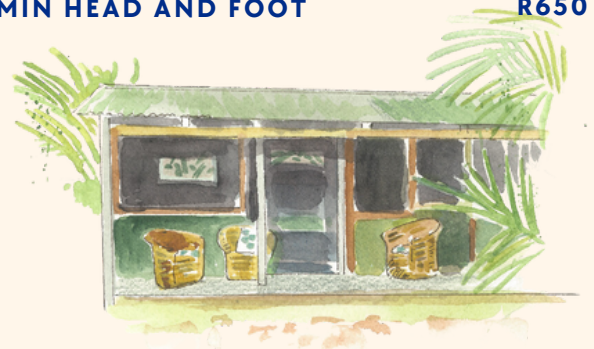
This Therapy works on tight muscles and lymphatic drainage to combat tension in stiff, aching bodies. Bespoke massage techniques are combined with aromatherapy-infused oils that are warmly applied and massaged deeply into the body, to improve circulation and absorption of essential oils.

60 MIN TARGET MASSAGE R650

75 MIN FULL BODY MASSAGE R700

90 MIN FULL BODY MASSAGE R750

45 MIN HEAD AND FOOT R650



BACK, NECK & HEAD MASSAGE

Enjoy this massage which focuses on relieving tension and stress built up in the shoulder and neck muscles, ending with a soothing Indian head massage.

30 MIN MASSAGE R500

45 MIN MASSAGE R600