

# WELLNESS SPA SERVICES & BUSH MASSAGE

## LIONS BLUFF SIGNATURE MASSAGE

90 MIN | \$125.00

This massage combines the techniques of Swedish, Deep Tissue, and Holistic massages for a customized therapy session. Tailored pressure can range from light to deep, targeting tight muscles and joints, and providing a truly unique experience!

## BLUFF AROMATHERAPY MASSAGE (RELAXING MASSAGE)

60 MIN | \$80.00 - 90 MIN | \$120.00

Indulge in a nurturing aromatherapy massage with essential oils to maintain skin suppleness and relieve tension. Includes a therapeutic head massage focusing on cranial pressure points, resulting in deep relaxation, pain relief and improved mood.

## CLASSIC MASSAGE (SWEDISH MASSAGE) 60 MIN | \$70.00 - 90 MIN | \$100.00

A gentle massage promotes relaxation by loosening tight muscles and releasing tension.

## DEEP TISSUE MASSAGE

60 MIN | \$75.00 - 90 MIN | \$110.00

Target deep muscle layers with firm pressure and slow strokes to alleviate tension and promote muscle recovery.

## HEAD AND SHOULDER MASSAGE

30 MIN | \$40.00

Release tension points in the scalp and neck to ease muscle spasms and knots. This improves circulation, stimulates brain function, and refreshes the mind.

## HOLISTIC MASSAGE (RELAXING FULL BODY MASSAGE)

60 MIN | \$75.00

This gentle massage reduces physical and mental stress, ideal for massage beginners. It's your time to unwind and clear your mind.

## STRESS RELIEVING MASSAGE (BACK MASSAGE) - 30 MIN | \$40.00

A half-hour back massage that focuses on muscles prone to stress. It tones back and legs, easing stiffness.

## BLUFF FRESH AND FEEL-GOOD MASSAGE

60 MIN | \$80.00 | 90 MIN | \$100.00

Enjoy a full body exfoliation with our home-made bluff body scrubs, to buff dead skin cells away. Leaving you feeling smooth and clean. Followed by a holistic massage, that focuses on muscles that are prone to stress.

**BOOK YOUR SESSION THROUGH OUR RECEPTION, MANAGER OR GUEST RELATIONS OFFICER. OUR THERAPISTS WILL CREATE A PRIVATE SPA CORNER RIGHT IN THE SERENITY OF YOUR ROOM.**

# QUINTESSENTIAL BLUFF BODY SCRUBS

## ANTIOXIDANT COFFEE & COCONUT SUGAR SCRUB - 30 MIN | \$40.00

Highly recommended, this exfoliating scrub has anti-inflammatory properties. It contains organic coffee, sugar, coconut oil, and vanilla extract.

## INVIGORATING CITRUS SALT & SUGAR SCRUB - 30 MIN | \$40.00

This invigorating morning scrub contains Himalayan salt, brown sugar, olive oil, and citrus zest.



*The scrubs are available in our shops*