



**TREAT YOURSELF AT KHAYA NDLOVU**

# **SPA TREATMENT MENU**

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# MASSAGE TREATMENTS

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## HOT STONE FULL BODY MASSAGE

A natural treatment whereby hot stones are placed on various parts of the body to promote relaxation, improve circulation and relieve painful areas.

90 MINUTE FULL BODY	- R 1,000.00
60 MINUTE FULL BODY	- R 800.00
30 MINUTE FULL BODY	- R 700.00

## DEEP TISSUE FULL BODY MASSAGE

Deep tissue massage offers both physical and psychological benefits. Unlike other massage techniques that focus on relaxation, deep tissue massage helps to treat muscle pain and improve stiffness

90 MINUTE FULL BODY	- R 1,100.00
60 MINUTE FULL BODY	- R 900.00
30 MINUTE FULL BODY	- R 650.00

## SWEDISH FULL BODY MASSAGE

Designed to relax the entire body by rubbing the muscles in long, gliding strokes in the direction of blood returning to the heart. But the benefits of Swedish massage go beyond relaxation. It can help increase the level of oxygen in the blood and improve circulation and flexibility

90 MINUTE FULL BODY	- R 850.00
60 MINUTE FULL BODY	- R 650.00
30 MINUTE FULL BODY	- R 500.00

## AROMATHERAPY FULL BODY MASSAGE

Aromatherapy massage is Swedish massage therapy using massage oil or lotion that contains essential oils (highly concentrated plant oils).

90 MINUTE FULL BODY	- R 950.00
60 MINUTE FULL BODY	- R 700.00
30 MINUTE FULL BODY	- R 600.00

## MASSAGE TREATMENT BOOSTER

A 50 minute booster treatment focusing on the back, neck, calves and foot using Swedish Massage techniques

90 MINUTE

- R 900.00

## OTHER MASSAGE TREATMENTS

10 MINUTE HAND MASSAGE

- R 100.00

10 MINUTE FOOT MASSAGE

- R 100.00

30 MINUTE INDIAN HEAD MASSAGE

- R 500.00

60 MINUTE BODY EXFOLIATION

- R 850.00

## OTHER TREATMENTS

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## FACIAL TREATMENTS

DEEP CLEANSE FACIAL

- R 700.00

ANTI-AGEING FACIAL

- R 650.00

HYDRATING FACIAL

- R 600.00

BALANCING FACIAL

- R 550.00

APPETIZER FACIAL

- R 500.00

## FOOT + HAND TREATMENTS

HAND RITUAL

- R 350.00

FOOT RITUAL

- R 450.00

MANICURE

- R 450.00

PEDICURE

- R 450.00

## WAXING

EYEBROW WAX	- R 150.00
UNDERARM WAX	- R 250.00
BIKINI WAX	- R 300.00
BACK WAX	- R 350.00
CHEST WAX	- R 350.00
HALF LEG WAX	- R 400.00

### PRE-BOOKING ESSENTIAL

TEL: +27 73 301 1913

EMAIL: RESERVATIONS@KHAYANDLOVU.CO.ZA

WEB: WWW.KHAYANDLOVU.CO.ZA

ADDRESS: 2KM SOUTH OF HOEDSPRUIT  
TOWARDS BUSHBUCKRIDGE

R40

HOEDSPRUIT

