



Aloe & Milk Wellness & Relaxation Treatment Guide 2018

Your therapist will select the perfect balm, oil or butter for your massage experience. Body balms contain active natural ingredients to relax, invigorate or detox the body; complemented by carefully selected massage oils. Body butters are well suited to nourish and protect the skin while the oils and balms promote wellbeing through a combination of botanical ingredients. Choose from a selection of Marula & Neroli, Mongongo nuts, Kalahari melon and a range of other blends.

SELECT YOUR MASSAGE

Swedish Massage:

The foundation of all massage treatments, Swedish Massage offers a rhythmic, stimulating range of movements to encourage circulation and relieve muscle tension. May be performed as a dry massage without creams and oils, using talc powder.

Acupressure Massage:

A specialised massage where fibrous muscle tissue is skilfully manipulated to break down crystals, which often form as a result of tension, lack of oxygen and over use of muscles. The warm up sequence is followed by a range of pressure points and the massage concludes with effleurage movements conducive to lymph drainage and removal of waste products.

Aromatherapy:

The massage medium features a blend of carefully infused essential oils with therapeutic benefits. A gentle flowing range of movements ensure an overall sense of wellbeing, soothing the central nervous system while inducing a deep state of



relaxation long after the treatment concludes. This is the perfect remedy for improving conditions related to insomnia, emotional stress or jet lag.

Reflex Foot Therapy:

A cleansing foot soak and exfoliation welcomes the feet. The treatment involves deep massage pressure on the feet to eliminate trapped waste from tissues, improving the body's natural ability to heal and recover. Specific pressure points relate to organs and systems in the body and your therapist will be able to identify areas of congestion, providing lifestyle advice during the session.

PLEASE SPECIFY YOUR DESIRED MASSAGE PRESSURE AS DEEP, MEDIUM OR LIGHT MASSAGE

Rates are time related as indicated below:

20 Minutes	Suitable for Feet; Express Back Massage or Head & Shoulder Massage	R250
30 Minutes	Foot Spa, Exfoliation, Cuticle Trim and 30 Min Foot Massage	R450
30 Minutes	Suitable for Feet; Back or Head & Shoulders	R350
45 Minutes	Suitable for Back of body including: Legs, Back, Neck, Shoulders and Scalp	R450
45 Minutes	MC Pamper Intro including 15 min Foot and Hand Soak, 15 min Exfoliation, 15 min Foot and Hand Massage	R450
60 Minutes	Suitable for Full Body Massage	R600
60 Minutes	Body Scrub and Wrap including Massage	R900
90 Minutes	Suitable for Full Body Massage and Extended Massage on Feet	R690