



*La Petite Ferme*

IN-ROOM SPA MENU



## BODY THERAPY MASSAGES

### **BACK, NECK & SHOULDER MASSAGE**

Relieves tension built up in the head, neck, shoulders, upper and lower back.

R 950 | 45min

### **HOT STONE BACK MASSAGE**

Hot volcanic stones are used to concentrate on the neck, shoulders, upper and lower back.

R 950 | 45min

### **INDIAN HEAD MASSAGE**

Pressure point therapy and massage movement are combined and applied to the head, face, neck and shoulders.

R 950 | 45min

### **FOOT MASSAGE**

Relax and balance your body through pressure points situated under the feet. It detoxifies, relaxes and increases circulation.

R 950 | 45min

### **SWEDISH FULL BODY MASSAGE**

Eases tense muscles. A medium pressure is used to provide relaxation.

R 1200 | 60min

R 1500 | 90min

### **HOT STONE THERAPY MASSAGE**

Soothing and relaxing massage using hot volcanic stones. Has a deep healing effect on the body.

R 1200 | 60min

R 1500 | 90min

### **AROMATHERAPY FULL BODY MASSAGE**

A blend of essential oils is used to bring holistic balance to the mind, body and spirit.

R 1200 | 60min

R 1500 | 90min

### **DEEP TISSUE FULL BODY MASSAGE**

A deep pressure is used to relieve tension in the muscles.

R 1200 | 60min

R 1500 | 90min



## FACIAL TREATMENTS

### HONEYBUSH EXPRESS FACIAL

Cleanes the skin, removes dead skin cells and moisturises the skin, leaving it refreshed and supple.

R 950 | 45min

### DELUXE BESPOKE FACIAL

We tailor the product application according to your skin's needs. This facial includes a pampering head massage. The full range of products are available for this treatment.

R 1400 | 75min

### ANTI-AGEING BOOSTER FACIAL

An organic phyto-acid, l-ascorbic treatment for visible firming, brightening and skin rejuvenation with an added gel to stimulate collagen and elastin production, while reducing the appearance of fine lines and wrinkles.

R 1300 | 60min

### DEEP CLEANSING FACIAL

A deep exfoliating treatment that balances and purifies congested skin. Heals and repairs oily skin.

R 1300 | 60min





## HAND, FOOT & NAIL TREATMENTS

### LUXURY MANICURE

Consists of a cut, file, buff, cuticle work and varnish with a luxury hand scrub. Includes a 25min pampering hand massage.

R 850 | 75min

### LUXURY PEDICURE

Consists of a cut, file, buff, cuticle work and varnish with a luxury foot scrub. Includes a 25min pampering foot massage.

R 850 | 75min

## BODY SCRUBS & WRAPS

### DESERT GLOW BODY TREATMENT

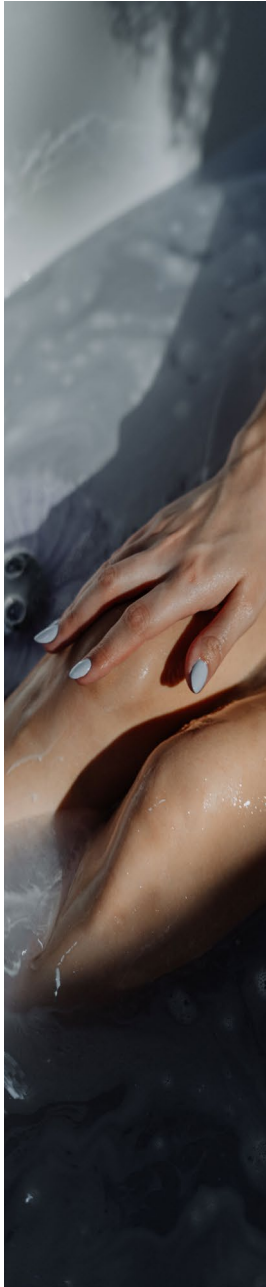
A full body exfoliation and clay mask to remove dead skin cells and to cleanse, detoxify and firm your body from head to toe.

R 1300 | 50min

### DESERT GLOW JOURNEY

The desert glow body treatment followed by a full body massage, with a personalised blend of an aromatic massage medium to complete your journey.

R 2000 | 110min





## SPA PACKAGES

### HEAD IN THE CLOUDS

A foot cleanse ritual with a sugar buff and botanical oils followed by a rebalancing foot massage, an Indian head massage and an aromatic back, neck and shoulder massage.

R 1600 | 90min

### BEAUTY BLISS

- 30min express facial
- 30min express manicure
- 30min express pedicure

R 1500 | 90min

### SPA TASTER

Back, neck and shoulder massage to help relieve tension in the head, neck and shoulders. This is followed by an express facial, leaving the skin nourished and revitalised.

R 1300 | 60min

### FIRST IMPRESSION

A head to toe treat, giving you a good taste of a spa pamper day:

- 60min facial
- Swedish full body massage
- Express manicure OR pedicure

R 2200 | 150min



## MAKE A BOOKING

Email: [reception@lapetiteferme.co.za](mailto:reception@lapetiteferme.co.za)

Phone: +27(0)21 876 3016

To phone reception directly from your Suite, dial **8000**.

## OPERATING HOURS

Monday - Friday: 8am - 6pm

Saturday: 8am - 6pm

Sunday: 8am - 4pm

After hours will incur a surcharge.

## CANCELATION POLICY

Appointments cancelled within less than 24 hours will be charged at 50%.

For non-arrivals, the full treatment charge will apply.

For late arrivals, treatment time will be reduced accordingly, but will still be charged at the full price.

