

LA RESIDENCE

SPA TREATMENT MENU

BODY THERAPY

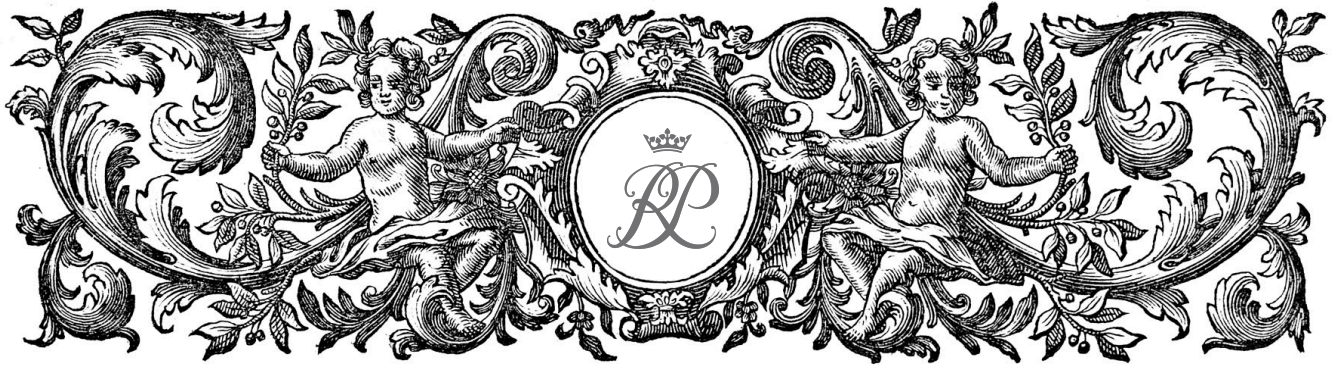
Back, Neck and Shoulder Massage (45 minutes) Helps to relieve tension in the head, upper back, lower back and shoulders.	R720	Indian Head Massage (45 minutes) Deeply relaxing massage of the décolleté, shoulders, face and head to restore balance and harmony by working on the three higher chakras.	R720
Aromatherapy Massage (60 minutes / 90 minutes) A blend of the finest essential oils is used to bring balance to body, mind and spirit.	R900 R1000	Desert Glow (30 minutes) Buff away dry dull skin to unveil lustrously smooth skin with a personalised blend of Kalahari exfoliation materials and a hydrating blend of nourishing botanical oils.	R500
Swedish Body Massage (60 minutes / 90 minutes) This classic European-style massage eases tense muscles. Medium pressure for ultimate relaxation.	R820 R980	Desert Glow Journey (120 minutes) Unveil lustrously smooth skin with a personalised blend of Kalahari exfoliation materials and a hydrating blend of nourishing botanical oils. Followed by a unique mineral and botanical based body mask and a full body massage.	R1 600
Deep Tissue Massage (60 minutes / 90 minutes) Relieves tension by focusing on deep muscle pressure points and nodules to relieve muscle tissue.	R880 R1000	Rolling Sands (60 minutes) Body exfoliation to remove dead skin cells followed by a clay mask. Balances and purifies the skin from within leaving it soft and radiant.	R800
Hot Stone Therapy Massage (60 minutes / 90 minutes) Deeply relaxing. The penetrating heat of the volcanic stones allows intense muscle manipulation for a healing massage.	R940 R1 100	Kalahari Cocoon Treatment (90 minutes) An invigorating body exfoliation ritual. End the treatment with an uplifting massage. Revitalizing agents will leave your skin feeling relaxed and pampered.	R1 400
Candle Light Massage (60 minutes/90 minutes) A soyabean oil based massage candle induces a warm and sensory experience that will delicately nourish the skin.	R880 R1050		
Reflexology (60 minutes) A therapeutic treatment to relieve pain by stimulating pressure points on the feet. Reflexology promotes healing by stimulating the nerves in the body and encouraging blood flow.	R770		
Add Stones Add hot stones to any massage or package.	R160		

THE ROYAL PORTFOLIO
ROYAL MALEWANE · BIRKENHEAD HOUSE · LA RESIDENCE · THE SILO · PRIVATE RESIDENCES

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SPA PACKAGES

Healing Therapy (90 minutes)	R1 200
<ul style="list-style-type: none"> 45 minutes deep-cleansing facial which purifies the skin – suitable for all skin types. 45 minutes back, neck & shoulder massage using our signature Khoi-Khoi oils and ending off with a signature lavender scrub. 	
Winelands Experience (90 minutes)	R1 300
<ul style="list-style-type: none"> 30 minutes express facial – cleanse, tone, exfoliate and moisturise. 30 minutes Desert Glow treatment 30 minutes back, neck & shoulder massage using our signature Kalahari oils. 	

FACIAL TREATMENTS

Kalahari Honey Bush Facial (60 minutes)	R800
Sink into a deep relaxation with our unique Kalahari facial that revitalises dull and dehydrated skin. The skin will be left silky smooth and deeply moisturised.	

WAXING

Lip/Chin/Brow wax	R170
Underarm wax	R200
Bikini/Half arm wax	R220
Half Leg/Full arm/Full Chest wax	R280
Full Leg/Back/Chest wax	R330

TINTING

Eyelash/Eyebrow Tint	R170
Eyelash & Brow Tint	R300
Eyebrow Shape	R110

HAND, FOOT AND NAIL TREATMENTS

Paint Manicure (60 minutes)	R480
Includes cut, file, buff, cuticle work and varnish with a hand and arm scrub and massage.	
Mini Paint Manicure (30 minutes)	R300
Includes cut, file, cuticle work and varnish.	
Paint Pedicure (60 minutes)	R580
Includes cut, file, buff, cuticle work and varnish with a leg and foot scrub and massage.	
Mini Paint Pedicure (30 minutes)	R320
Includes cut, file, cuticle work and varnish.	
Gelish Manicure (60 minutes)	R660
Includes cut, file, buff, cuticle work and varnish with a complimentary hand massage.	
Gelish Pedicure (60 minutes)	R730
Includes cut, file, buff, cuticle work and varnish with a complimentary foot massage.	
Gelish Soak Off and Nail Clean (30 minutes)	R100
Includes soak off and cleansing of the nail.	
Gelish Overlay (45 minutes)	R340
Includes gelish re-paint	

We are looking forward to welcoming you to our treatment room during your stay at La Residence. Please use the robe & slippers provided in your room and we recommend that you pre book your treatments to ensure that you enjoy a relaxing treatment with one of our therapists. Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health related concerns you have when making your appointment.