

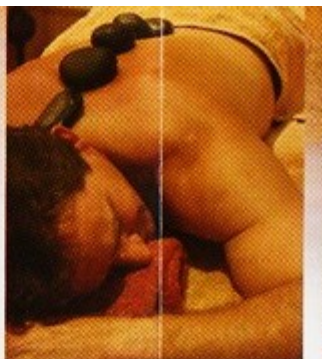
### HOLISTIC THERAPIES

**Reflexology** R 250.00 45 min

Pressure points on the feet corresponding to specific organs in the body, they are massaged to relieve stress and release blocked energy throughout the entire body. This healing art aims to balance the body in order to repair itself.

**Hot Stone Massage** R 400.00 75min

The healing power of stones increases blood flow to relax stiff muscles.



### SKIN CARE TREATMENTS

All our facials includes a Power cleanse with Steam, Exfoliation & Extraction. Our superior Skin Care range is suitable for all skin types, which keep the skin healthy, moisturised and elastic.

Making it less prone to wrinkles.

#### FACIALS OFFERED

Normal skin	R 300.00	60min
Combination skin	R 300.00	60min
Dry & Sensitive skin	R 300.00	60min
Oily & Problem skin	R 300.00	60min
Anti aging skin	R 300.00	60min
Facial for Men	R 300.00	60min

### BODY WRAPS AND BODY SCRUBS

All the wraps includes the use of the Swiss shower.

Slimming/Centimetre loss Body Wrap	R 300.00
Detox Body Wrap	R 300.00
Exotic Coconut Body Scrub	R 200.00
Lime and Ginger Body Scrub	R 200.00
Exotic coconut scrub + Full body massage	R 400.00
Lime and Ginger scrub + Full body massage	R 450.00

### SPA BEAUTY TREATMENTS

Spa Manicure	R 200.00	60 min
Spa Pedicure	R 250.00	60 min
Nail repaint	R 50.00	20 min
Paraffin wax	R 20.00	15 min



### WAXING

Lip wax	R 50.00
Eyebrow wax	R 50.00
Under arm wax (both)	R 70.00
Half leg wax (both)	R 100.00
Full leg wax (both)	R 150.00
Bikini wax	R 70.00
Brazilian wax	R 100.00

### FINISHING TOUCHES

Eyelash tinting	R 50.00
Eyebrow tinting	R 50.00
Eyebrow shaping	R 40.00
Make-up application	R 200.00
Weddings / Evening make up / Correction make up	

### PACKAGES

**Essential African Experience Package** R 650.00 3 hours  
Proudly South-African. A mixture of Indigenous herb ingredients are used.  
Full Body scrub, Swiss shower, Full Body Massage & Facial

**Bridal Package** R 700.00 Half Day  
Bikini wax, Under arm wax, Half leg wax, Manicure, Facial & Bridal Make up

**Bridal Package** R 1300.00 Full day  
Manicure, Pedicure, Full Body Massage, Swiss shower, Facial,  
Bridal make up & Includes a healthy lunch

**De-stress package** R 700.00 3.5 Hours  
Full Body Scrub, Swiss shower, Full Body Massage & Reflexology

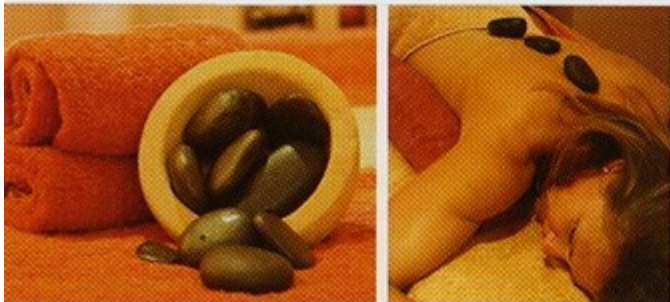
**Pamper Package** R 900.00 Half day  
Aromatherapy, Facial, Manicure & Pedicure

**Pamper Package** R 1400.00 Full day  
Full Body Scrub, Swiss Shower, Aromatherapy, Facial, Reflexology, Manicure,  
Pedicure & Includes a healthy lunch

**Slimming / Detox Package** R 800.00 Half day  
Full Body detox scrub, Swiss shower, Hot stone massage  
& Full body slimming wrap

**Slimming / Detox package** R 1300.00 Full Day  
Full body detox scrub, Swiss shower, Hot stone massage,  
Full body slimming wrap, Facial, Reflexology & Includes a healthy lunch





**ENJOY TREATMENTS AT OUR RELAXING SPA AT SPA DÉ SOLÉ  
OR IN THE LUXURY OF YOUR HOTEL ROOM**

(Additional travel fees are added to each treatment not undertaken at Spa dé Solé  
R50.00 in Hazyview and R100.00 outside of Hazyview)

**MASSAGE THERAPIES**

**Deep Tissue Massage** R 320.00 60 min  
This deep tissue massage targets very stiff, sore muscles & muscles spasms.

**Aromatherapy** R 320.00 60 min  
A gentle massage using essential oils, ideal for relieving stress of daily living.  
These essential oils rebalance energy levels, relax and rejuvenate the body mind and spirit.

**Full Body Swedish Massage** R 300.00 60 min  
Promoting a sense of well-being by increasing blood circulation and lymphatic flow. This classic body massage eases muscular tension aches and pain.

**Sports Massage** R 350.00 60 min  
The Sports Massage targets tired and sore muscles, improves muscle flexibility. This treatment also includes stretches of the main muscle groups.

**Couples Massage** R 600.00 60 min  
Why do something wonderful and relaxing alone when you can enjoy it with a partner.

**Back & Neck Massage** R 230.00 30min  
Specifically easing muscle tension by concentrating on stiff and sore muscles of the back, neck, shoulders and head.

**Foot and Ankle Massage** R 200.00 30 min  
A massage of the lower leg, calves and feet.

**Stretching consultation** R 150.00 60 min  
Consultation with professional sports therapist in order to create a tailor made stretching program

**MORE PACKAGES**

**Couples Package** R 1500.00 4.5 hours  
Full body scrub, Swiss shower, Full body massage & Reflexology  
(Minimum of two (2) people for this treatment)

**Golfers Package** R 1100.00 4.5 hours  
Deep Tissue Massage, Reflexology, Facial for men and women,  
Spa Pedicure

**Maturing Package for Him and Her** R 1000.00 4 Hours  
Full Body Massage, Anti-Aging Facial for him and her,  
Reflexology & Spa Pedicure

**Groom to be Package** R 1000.00 4 Hours  
Hot stone massage, Facial for men, Spa Manicure & Spa Pedicure

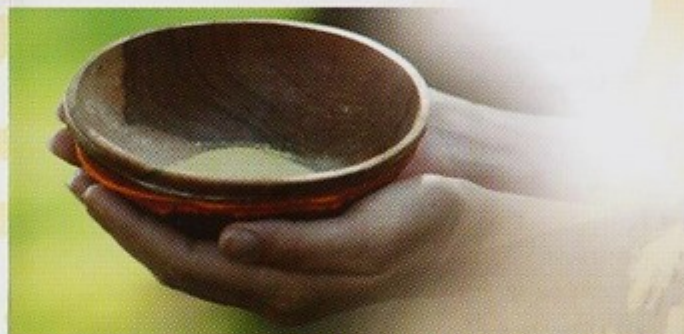
**Hydro Bath** R 250.00 30 min  
Immerse yourself in a hydrotherapy bath with additives of your choice.  
Essential oils / Milk / Chocolate

**Infra red sauna** R 120.00 30 min  
Chronic pain / Back pain / Joint pain / Arthritis / Rheumatism /  
Skin Allergies / Cellulite / Cardiovascular / Improvement of circulation  
regulation / Lungs / Chronic respiratory diseases...Etc.



**OPEN 7 DAYS A WEEK**

**R536 Sabie Road between Hazyview & Sabie**



**MASSAGE • FACIALS • BEAUTY TREATMENTS  
QUALITY PRODUCTS • OUTSTANDING SERVICE**

**Specialising in Wellness Therapies**