

**COUPLES SWEDISH MASSAGE** 

60min | R520 60min | R920

45min | R410

Eases muscular strain by flushing out toxins, improving circulation by increasing oxygen flow in the blood, helping to keep ligaments and tendons supple and reducing emotional and physical stress. A gentle type of full-body massage, ideal for people who are new to massage, have a lot of tension, are sensitive to touch, want to relax or manage minor pain.

# **BACK, NECK & SHOULDER** COUPLES BACK, NECK & SHOULDER

45min | R810 Encourages relaxation, relieves stress, improves circulation and relaxes muscles. Also good for relieving tension headaches, improving flexibility and can help to strengthen the immune system. A popular pressure massage that focuses on the build-up of stress and muscle tension in all areas around the neck, shoulders and across the back

### HOT STONE THERAPY

60min | R570

Eases muscle tension, improves blood flow, and relieves pain by using heated stones. Hot stone massage may help: ease muscle tension, improve blood flow, alleviate pain, promote relaxation and relieve stress. Hot stone massage is best for people who have muscle pain and tension or who simply want to relax.

### **INDIAN HEAD MASSAGE**

30min | R290

Relaxing holistic therapy, which treats the mind, body and spirit. Holistic therapies are the key to relaxation and inner calm. They will leave you relaxed, stress-free and relieved of any physical or emotional tension. For people who want to relieve aches, pains and tension, relieve stress, clear sinus or sleep better.

#### REFLEXOLOGY

45min | R395

Relaxing holistic therapy, which treats the mind, body and spirit. Holistic therapies are the key to relaxation and inner calm. They will leave you relaxed, stress-free and relieved of any physical or emotional tension. For people who want to relieve aches, pains and tension, relieve stress, clear sinus or sleep better.

**Express Pedicure** Pampering Pedicure **Express Manicure** Pampering Manicure

30min | R320 60min | R380

30min | R210 60min | R380

**R138** 

Gel overlay after Mani/Pedi

Full Leg	45min	R255
Half Leg	30min	R210
Full Arm	30min	R210
Half Arm	25min	R210
Underarm	20min	R115
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15min | R 85 Eyebrow Tint 25min | R165 Bikini 10min | R 58 Lip

Facials

## TINDLOVU DEEP CLEANSE \*(ALL SKIN TYPES)

45min | R290

A refreshing facial for all skin types, to purify, cleanse, reduce excess of oil, decongest pores, lift impurities, rejuvenate and soothe the skin.

## **ESSEL SIGNATURE** \*(CUSTOMIZED)

75min | R455

This individually customised facial includes the use of 3 professional treatment masks as well as a lot of pampering!

# **DNA-EPINEW ANTI-AGEING**

75min | R410

This individually customised facial includes the use of 3 professional treatment masks as well as a lot of pampering!

# **CHOCOLATE** \*(ALL SKIN TYPES)

75min | R340

A revitalising facial, for all skin types, to nourish, soothe and rejuvenate the skin.

### **EXPRESS BOOSTER** \*(CUSTOMIZED)

30min | R260

This individually customised facial includes the use of 3 professional treatment masks as well as a lot of pampering!

# HUMANKIND CHOCOLATE BODY WRAP

60min | R455

Luxurious and moisturising body treatment, rich in essential vitamins and minerals such as Folic acid, Vitamins C and B6, Niacin and Iron. Chocolate is a very sensual moisturising treatment which softens the skin, leaving it with a radiant glow, feeling relaxed and with a sense of well-being.

\*Precautions Pregnancy and Claustrophobia

## **HUMANKIND PROFESSIONAL FOOT PEEL**

45min | R210

Highly effective treatment to improve the appearance of your feet – HumanKind Foot Peel is an effective foot peel, which works well to remove dead skin cells. It can be combined with a pedicure. HumanKind Foot Peel leaves your feet soft and smooth.

# TINDLOVU PAMPER PACKAGE

150min | R1150

Back, Neck & Shoulder Massage | Express Pedicure | Deep Cleansing Facial

## INDLOVUKASI \*(SHE- ELEPHANT/QUEEN)

150min | R910

Full Body Massage | Express Pedicure | Express Manicure

### **COUPLES PACKAGE**

150min | R2250

Full Body Scrub | Bath Soak | Full Body Massage | Express Pedicure \*included- a bottle of red or white wine to share

## SAFARI BUSH TREATMENT

90min | R795

Citronella Body Scrub | Tindlovu Signature Full Body Massage (A combination of Swedish and Bamboo Massage with Hot Stones)

### **BUSHVELD REJUVINATION**

75min | R750

Back, Neck & Shoulder Massage | Reflexology

### **BUSO NYAWO** \*(FACE AND FEET)

75min | R750

Deep Cleansing Facial | Foot Massage