

## Specialized Touch Therapies

### **Hot Stone Massage** (60 min / 90 min)

**R 1 350 / R 1 600**

A complete journey using hands, arms and elbows. Heated stones are incorporated to allow a deeper penetrating massage to the core of the muscle. This renews the skins, increases the blood and lymph circulation, giving your body a healthy glow.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **Hot Lava Shell Massage** (60 min / 90 min)

**R 1 500 / R 1 750**

A complete massage journey using hands, arms and elbow, incorporating the self-heating technology of the Tiger shell to allow a deeper penetrating massage to the core of the muscle. The shells heat up and give calcium ions when activated by natural ingredients. This renews and firms the skin, giving it a healthy glow

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **The Bellabaci Massage** (60 min)

**R 1 400**

A modern treatment based on the ancient cupping therapy that achieves amazing medical and therapeutic results, including reducing cellulite, improving blood circulation and safely releasing toxins and inflammation from the body.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **Twelve Apostles Pregnancy Massage** (60 min)

**R 1 350**

A completely relaxing full body massage using our safe but effective pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump.

**\* Please note that we do not perform any maternity treatments during the first trimester.**

### **Leg and Foot Reviver** (30 min)

**R 840**

Instantly lightens puffy legs with an exfoliation, massage movements and cooling serum. Ease weary heavy legs, lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. While you sit back and relax, we massage your hands and cuticles too.

**Please note:** Treatment time includes consultation and welcoming foot ritual.

The spa treatment menu is valid from 01 Feb 2021 – 31 March 2022 • Seasonal rates apply from 15 December 2021 – 16 January 2022  
All prices are quoted in South African Rand (ZAR) • All prices are quoted per person, per treatment unless specified otherwise.