

Back, neck and shoulder massage

45 mins - ~~R525.00~~ R280 (November 2022 special) | 30 mins - R330.00

Massage that focuses on the back, neck and shoulders for tension relief, stress reduction and for general relaxation of the back, neck and shoulders.

Swedish massage

60 mins - R730.00 | 90 mins - R1030.00

In this treatment, muscles are targeted using a combination of friction, gliding, strokes and kneading movements to promote relaxation, improve blood circulation and improve overall health.

Deep tissue massage

60 mins - R730.00 | 90 mins - R1030.00

Deep tissue massage that involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissue for tension relief.

Aromatherapy massage

60 mins - R750.00 | 90 mins - R1070.00

A combination of traditional massage with the holistic benefits of selected essential oils, benefitting both the mind and body – this can be included in other massage types such as deep tissue, Swedish, prenatal and hot stone massage.

Indian head massage

30 mins - ~~R370.00~~ R295 (November 2022 special)

Massage that focuses on pressure points along the head, neck, and shoulders – often using circular massage to relieve stress. Helps to reduce headaches, stress and tension, improve physical, mental and emotional well-being.

Sports massage

30 mins - R395.00

Specialised sports massage for general relaxation of the musculoskeletal system and for relief of muscular tension.

Contact Us:

Hours: Monday to Friday | 0800 to 1700

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