

SINZINANI SPA
TREATMENT MENU
2017

Massage and Body Experience

| | | |
|---|-------|-------|
| Warm Oil Massage (Full) | 60min | R 500 |
| Warm Oil Massage (back) | 30min | R 350 |
| Heated Stone Massage (full) | 90min | R 650 |
| Heated Stone Massage (back) | 45min | R 450 |
| Soul of Africa Conditioning Body Massage (full) | 90min | R 750 |
| Shea Aromatherapeutics (full) | 75min | R 600 |
| Shea Aromatherapeutics (back) | 45min | R 400 |
| Majestic Awakening Neck, Shoulder and scalp | 30min | R 300 |

Body Rituals

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| Inkomfi Renew (Full Body exfoliation and Balm) | 45min | R 400 |
| Add on: Shea Aromatherapeutics Full Body Massage | | |

Facials

Bespoke Facials

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|---|-------|-------|
| Vitamin Boost Facial | 75min | R 550 |
| Rebalancing and Refining Facial | 75min | R 550 |
| Aloe Ferox Firming Facial (anti aging) | 75min | R 550 |
| Balancing Rose Facial (anti-aging) | 75min | R 650 |
| Deep Cleanse Facial | 60min | R 550 |
| African Goddess (anti-aging, including back exfoliation & balm) | 90min | R 900 |
| Express Facial | 45min | R 400 |

VI Peels

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|------------------------|--------|
| Glyco Blend | R 500 |
| Glycolic Acid 35% | R 500 |
| Lactic Acid 35% | R 500 |
| Lactic Blend | R 500 |
| Might Modified Jessner | R 500 |
| Mandelic 30% | R 500 |
| Modiefied Jessner | R 500 |
| Salysilic Peel | R 650 |
| Vi Medical Peel | R 3000 |

Hand and Foot Treatments

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|------------------------------------|-------|-------|
| Pamper Hand Massage | 30min | R 150 |
| Pamper Foot Massage | 30min | R 150 |
| Standard Pedicure | 60min | R 280 |
| Standard Manicure | 60min | R 260 |
| Copper and Hot Stone Pedicure | 80min | R 380 |
| Copper and Hot Stone Manicure | 60min | R 360 |
| African Potato Pedicure | 80min | R 380 |
| African Potato Manicure | 60min | R 360 |
| Medi Heel Foot Treatment | 45min | R 180 |
| Medi Pedicure Treatment with paint | 90min | R 400 |

Luxury Packages

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|---|--------|-------------------|
| <u>Sinzinani Pampering Spa Package</u> | 180min | R 1250 |
| Shea Aromatherapeutics Full Body Massage | | |
| Express Facial | | |
| Pampering Hand Massage | | |
| Pampering Foot Massage | | |
| <u>Exclusive Body Experience</u> | 330min | R 2500 |
| Full Body Exfoliation | | |
| Nourishing Body Wrap | | |
| Warm Oil Full Body Massage | | |
| Bespoke Facial | | |
| African Potato Pedicure | | |
| African Potato Manicure | | |
| <u>Group Package (group of 5 or more)</u> | 255min | R 1750 per person |
| Includes meal Voucher to the value of R 200 | | |
| Shea Aromatherapeutics Full Body Massage | | |
| Bespoke Facial | | |
| Standard Manicure | | |
| Standard Pedicure | | |
| <u>Express Package</u> | 120min | R 750 |
| Express Facial | | |
| Warm Oil Back, Neck and Shoulder Massage | | |
| Pamper Hand Massage | | |
| Pamper Foot Massage | | |

| | | |
|---|--------|-------------------|
| <u>Hypoxis Body Experience</u> | 120min | R 1200 |
| Full Body Exfoliation Full Body Wrap Scalp Massage Warm Oil Full Body Massage | | |
| <u>Couples Devotion Journey</u> | 60min | R 1500 per couple |
| Shea Aromatherapeutics Full Body Massage <i>Couples Meal Voucher</i> | | |
| <u>Top to Toe Package</u> | 300min | R 2000 |
| Soul of Africa Conditioning Body Massage (includes Back exfoliation and wrap) Bespoke Facial Copper and Hot Stone Pedicure Copper and Hot Stone Manicure | | |
| <i>Add on a Meal Voucher</i> | | |

Sinzinani Spa Kids Spa (5yrs – 12yrs)

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|--|-------|-------|
| Choco Boo Package Hand and Foot Treatments | 30min | R 250 |
| Coconut Cocoon Relaxing Full Body Massage | 45min | R 300 |
| Fairy Stone Massage | 45min | R 300 |
| Sleepy Feet Massage | 20min | R 150 |
| Little Bee Facial | 20min | R 200 |

Healing Massage Packages

Refreshing Package 90min R 790

Assists with Easing Stress, uplifts and focuses the mind

Express Facial
Foot Cleanse with Warm Foot Wrap
60 min Revitalising Full Body Massage

Aches & Pains Package 90min R 790

Helps ease muscular, nerve, arthritis, stiffness, pain as well as sport injuries and poor circulation

Reflexology points to ease the muscular tension
Lymph Drainage on legs and arms
60min Deep Tissue Full Body Massage

Relaxing Package 90min R 790

Relaxes the Body and Mind and assists to alleviate depression. Recommended for anyone who has a busy schedule

Relaxing Foot Cleanse, Exfoliation and Massage
Face Massage
Head & Scalp
Hot Stone back, neck and shoulder massage including Shiatsu pressure points
Body Stretches

Calming Package 90min R 790

Promotes Restful Sleep, reduces stress, calms nerves, relaxes body and soothes the mind. Assists with insomnia. Perfect for finding inner peace.

Back, neck, Hand and Foot exfoliation
Hand and Foot Massage
Back, neck and Shoulder Massage
Pressure point Face Massage

Sleepwell Package 90min R 790

Perfect Package and product for a busy mind and insomnia

Head and Scalp Massage
Foot cleanse, exfoliation and massage
60min Sleepwell Full Body Massage

Anti Stress Package 90min R 790

Helps with reducing nervous tension, excess energy and anxiety

Hot Stone Express Full Body Massage
Mini Hot Stone hand and Foot Massage

Mama Mio Spa Treatments

Mellow Mama 60min R 650

Mother to be Full Body Massage with Omega Rich Oils

Mini Mellow Mama 30min R 350

Mother to be Upper Body Massage

Gorgeous Glow Pregnancy Facial 55min R 850

Deep Cleanse and Exfoliation

Brightening Serum

Oxygenating Moisture Mask

Mind Melting Facial Massage