



10

2ND AVENUE

HOUGHTON
ESTATE

SPA MENU

MASSAGES

Full Body Deep Tissue / Sport – 1hr (R1000)

Full Body Swedish – 1hr (R720)

Full Body Aroma Therapy – 1hr (R720)

Hot Stones – 1hr (R700)

+15mins (R65)

+30mins (R85)

Foot Massage – 30mins (R370)

Back & Neck – 30mins/1hr – (R400/R550)

Head Massage – 30mins (R375)

SPA OPERATING TIMES:

Tues – Sat: 08h00 – 17h00

Sun – Mon: Only Available for Pre-Bookings

Public Holidays: Only Available for Pre-Bookings

PEDICURES

French Paint (R180)

Mini Pedi (R350)

Full Pedi (R400)

Pedi Peel (R500)

Paraffin Wax (R300)



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MANICURES

Full Manicure (R350)

Mini Manicure (R280)

French Tips (R400)

Gelish Nails (R350)

Poly-Gel Nails (R350)

French Paint (R180)

Acrylic Tips & Gelish (R550)

Acrylic Overlays (R450)

Acrylic Tips (R450)

Nail Art (R50)

Gel (R380)

Gel & Tips (R430)

Filling (R350)

Shellac (R350)

Acrylic Soak Off (R150)

Gel Soak Off (R70)

RELAX & UNWIND:

More and more people are turning to therapeutic massage treatment to provide relaxation, relieve tension associated with the daily stresses of their busy lives, or simply to help maintain good health and achieve a balanced lifestyle. There are many positive aspects to receiving massage therapy on an ongoing basis, and with the busy lives we lead, we can all benefit from a little stress-management.

FLEXIBILITY:

We offer flexible appointment times to fit the busiest of schedules and professional Massage Therapists to customize the perfect massage designed to fit your life. We also offer Manicures, Pedicures, Facials and Grooming treatments. Call us and feel like a revitalised, new you.



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FACIALS:

Mini Facial: Hydrate, Exfoliate and Moisturise. 30mins (R400)

Chocolate Facial: This uplifting facial leaves your skin refreshed and nourished. – 1hr (R500)

Deep Cleanse Facial: This masque has a firming and soothing effect on the skin as well as cell renewal. This peel off mask lifts impurities (removes dead skin), reduces excess oil and decongests pores leaving it smooth, stimulated, rejuvenated, and moisturised. – 1hr (R750)

Anti – Ageing Facial: This masque is designed to give the skin an extra boost and velvet feeling. It has an antiwrinkle effect. Tightens the skin and regulates moisture as well as improves skin relief. – 1hr 15mins (R750)

Luxury Facial: This is an enzymatic peel off masque, which stimulates exfoliation of the skin. It helps remove dead skin cells and helps restore the skins natural skin barrier functions. This also has strong rejuvenating, moisturising, antioxidant and anti-ageing properties. – 1hr 15mins (R750)



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10 2ND AVENUE HOUGHTON ESTATE, SPA MENU, OCTOBER 2020

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