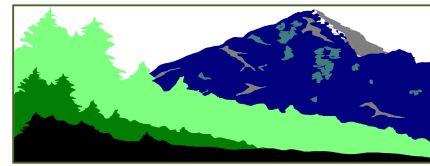


Tsitsikamma Mountain Spa

at Armagh Country Lodge, Storms River Village



BODY TREATMENTS

Aroma Back and Neck With the use of essential oils	30 mins	R220
Swedish Massage Body massage using five different techniques	60 mins	R330
Full Aromatherapy Eases and relaxes a stiff, tired body, using essential oils which are designed for your physical and emotional needs	60 mins	R370
Hot Stone Back and Neck Using volcanic rock from the ancient core of Africa to work at the very base of the muscles, removing stress and tension through the heated stones	45 mins	R300
Full Hot Stone Massage A truly sensational massage utilizing heated volcanic rock as above to soothe body, mind and soul	75 mins	R440
Deep Tissue Massage A firm pressure massage to loosen tight muscles...essential for all-over well being and the relaxation of tired, over worked muscles	60 mins	R385
Reflexology Enjoy stimulating & relaxing benefits of pressure point foot massage targeting problem areas within your body. The holistic way to feeling wonderful!	45 mins	R280
Indian Head Massage A gentle pressure point massage highly recommended for tension headaches and promoting relaxation	30 mins	R200

BEAUTY TREATMENTS

Gatineau Facials

Anti-ageing Collagen	60mins	R480
Purifying	60mins	R395
Deep Cleanse	45mins	R350
Hydrating / rejuvenating	60mins	R410

Waxing

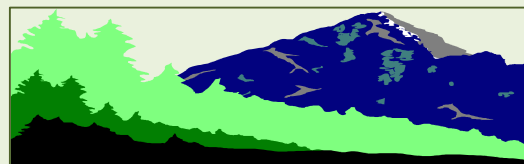
Half Leg	30mins	R105
¾ leg	30mins	R120
Full Leg	40mins	R180
Full Leg and Bikini	50mins	R245
Bikini	20mins	R 90
Brazilian	45mins	R155
Underarm	20mins	R 75
Brow/lip/chin	15min	R 40
Full Face	30mins	R 90
Chest OR Back	45mins	R130

Hand and foot treatments

Pedicure	60mins	R190
Manicure	45mins	R170
French	15mins	R 60

Tinting

Lash & Brow	45mins	R90
Eyelash Tint	20mins	R70
Eyebrow Tint	20mins	R60
Eyebrow Tint and Shape	40mins	R80



Tsitsikamma Mountain Spa.... it's all about you

Booking essential. Tel : 042 – 2811512

One hour Specials

Spa Taster

R325

Back & Neck Massage followed by a mini facial

Choose any three...

R365

Back & Neck Massage

Foot & Ankle massage

Indian Head Massage

Mini Facial Hot stone Massage

Aroma flex

R410

Back & Neck Massage

Reflexology

Pamper Hour

R375

Mini Facial & Scalp Massage, Back & Neck Massage

Foot & Ankle Massage

PACKAGES

Ultimate Relaxation

Salt scrub, detoxifying body wrap, aroma outdoor shower, full body massage, pressure point scalp and foot massage.

2hours

R645

Total Radiance

Back and neck massage, pressure point foot massage, deep cleanse facial, manicure or pedicure.

2hours 30mins

R695

Top to Toe Relaxation

Your choice of Swedish, Deep Tissue body or Aromatherapy massage and your choice of facial.

2 hours

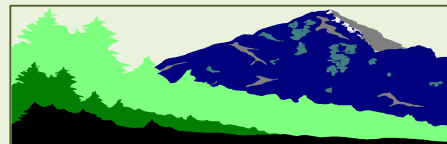
R750

Express treatments...for people on the go!! (30 minutes)

Manicure R100

Pedicure R120

Facial R200



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Prices subject to change without notice.