

Luxurious facials

THERAVINE DELUXE ANTI-AGEING FACIAL (60 min) 450

The infinite replenishing treatment, assisting in reducing fine lines and wrinkles by implementing specialised boosters and serums to combat the signs of ageing.

The products contain active peptides which help regenerate skin's collagen and elastin. A plasticizing paradox mask is applied to further enhance the actions of the active ingredients. A true time interceptor....



MENS Anti-aging facial (60 min) 290

Re-energise tired skin with the refreshing combination of cutting edge active extracts. These facials are based on 3 key fundamentals: cleanse, hydrate and revitalise to restore freshness and clarity whilst leaving the skin soothed from irritation caused by shaving, and resistant to external assaults. Experience the immediate and long-lasting visible result while your skin is enveloped in botanical freshness.

Add on: only available together with other treatments

Collagen-building avocado oil
Décolleté massage (15 min) 80

Foot massage (15 min) 80

Eyelash/ Eyebrow tinting 50

Lip wax 50

Gift Vouchers available

Weekly & monthly specials:

Please check our website and Facebook pages for specials!
Prices subject to change

Group treatments

Speak to us about tailor-made packages for special occasions.

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The Wellness Space

Treatment menu

January 2018



THE OLD MILL
Country Spa

Beauty Inside & Out



We live in a toxic world. Our air, water and foods have become toxic and deficient. Attempting to maintain a wholesome, healthy life style is more difficult than ever. The human body is exposed to toxicity on a daily basis. Cancer, viral infections, and auto-immune conditions are more prevalent than ever. The Ozone process of therapy is one the most powerful purifying and oxygenating therapies found today. Oxygen is necessary for respiration, digestion, circulation, hormone production, ATP production, immune system function, reproduction and elimination. The Ozone process purifies the bloodstream, liver, gall bladder, colon, lymphatic fluid, fat, and complete probiotic restoration.

Steam sauna pod (30 min)	300
Couples ozone	600

Packages:

5 treatments (280 per session)	1400
10 treatments (250 per session)	2500
Ozone sauna with vaginal insufflation	320
Rectal ozone insufflation	300



We also stock ozone gel and soap.



Feet & legs

Luxury Pedi & leg massage treatment (60 min)	300
Manicure treatment (45 min)	250
Leg & foot massage (30 min)	250
Reflexology (60 min)	450

Massage

Old Mill Aromatherapy Full Body Massage (60 min)	400
Old Mill Aromatherapy Full Body Massage (75 min)	560
Old Mill Deep tissue massage	450
Back, Neck & Shoulders (30 min)	250
Back, Neck & Shoulders (45 min)	300
Old Mill Indian Head Massage (30 min)	250
Old Mill Indian Head massage (60 min)	400
Reflexology (60 min)	450

Our Signature 'total bliss' massages:

Hot Candle Massage Full Body Massage (60 min)	420
Theranaka African Oil Full Body Massage	440
Theranaka Avocado and shea butter (60 min)	450
African Wood Massage (60 min)	450
Theranaka body butter massage (60 min)	440

Theranaka body treatments

Full body exfoliation & massage (60 min)	500
Gel Wrap & Baobab full body massage (90 min)	650
Full body exfoliation & shea butter massage (90 min)	650
Mud wrap & full body massage (90 min)	650

Couple's treatments

Candlelight Aromatherapy Massage (60 min)	800
Candlelight Massage with chocolate fondue	900
Candlelight Massage (90 min)	1100
♥ Avo shea butter full body Massage	900
Couples ozone sauna	600
Couples Ozone & Massage (2 hours)	1400
Couples hydrating, anti-aging facial (60 min)	950

Healthway Living Clay

100% Organic, deep cleansing Facial mask or Body wrap that is made from volcanic ash clay. Living clay is not only for beauty and keeping the skin in great condition BUT is used for healing the skin and restoring it to how it should be. Living clay magnetically draws, heals, and stimulates circulation.

Deep cleansing mud wrap (60 min)	450
Detoxifying mud wrap (60 min)	450
Rejuvenating mud wrap (60 min)	450

**We also stock a range of Healthway products for internal & external use.*

Packages



BFF – day out (2.5 hours) 850 pp

- Welcome drink
- Relax & unwind in warm, steamy ozone pods
- Theravine facial
- 30 min back, neck & shoulder massage

Tailor-made packages for couples and small groups:

1. Couples romantic mid-week & weekend breaks
2. Detox
3. Stress relief getaways
4. Wedding parties
5. Pamper parties
6. Corporate getaways
7. BFF treats
8. Post-op recovery booster