

## Luxurious facials

**THERAVINE™ BALANCING FACIAL (60 min) 380**  
 A deep-cleansing facial customised to gently remove surface impurities followed by a personalised mask while utilizing specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored.

**THERAVINE DELUXE ANTI-AGEING FACIAL (60 min) 440**  
 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....



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.

**MENS Balancing facial (45 min) 320**  
**MENS Anti-aging facial (60 min) 440**

### Add on:

**Collagen-building avocado oil Décolleté massage (15 min) 80**  
**Foot massage (15 min) 80**  
**Eyelash tinting 50**  
**Eyebrow tinting 50**



## Gift Vouchers available

### Weekly & monthly specials:

Please check our website and Facebook pages for fabulous specials!

### Group treatments

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

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## Treatment menu



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	550

**Packages:**

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



We also stock ozone gel and soap.



*Feet & legs*

Luxury Pedi treatment (60 min)	250
Luxury Mani treatment (60 min)	250
Leg & foot massage (30 min)	200
Reflexology (60 min)	350

*Massage*

Old Mill Aromatherapy Full Body Massage (60 min)	380
Back, Neck & Shoulders (30 min)	250
Back, Neck & Shoulders (45 min)	300
Hot Candle back, neck & shoulders (30 min)	275
Indian Head Massage (30 min)	250
Indian Head massage (60 min)	400
Reflexology (60 min)	350

*Our Signature 'total bliss' massages:*

Hot Candle Massage Full Body Massage (60 min)	380
Theranaka African Oil Full Body Massage	380
Theranaka Avocado and shea butter (60 min)	440

*Theranaka body treatments*

Full body exfoliation (60 min)	400
Gel Wrap & Baobab body massage (90 min)	650
Full body exfoliation & Baobab massage (90 min)	650
Mud wrap & Baobab massage (90 min)	650

*Couple's treatments*

Candlelight Massage (60 min)	750
Candlelight Massage with chocolate fondue	820
Candlelight Massage (90 min)	950
♥ Avo shea butter full body Massage	880
Couples ozone sauna	550
Couples Ozone & Massage (2 hours)	1150
<b>NEW</b> Couples balancing facials (45 min)	600
<b>NEW:</b> Couples anti-aging facials (60 min)	800

*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. This way heals the skin of many skin problems.

Deep cleansing mud wrap (60 min)	400
Detoxifying mud wrap (60 min)	400
Rejuvenating mud wrap (60 min)	400

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

*Packages*



BFF – day out (2.5 hours)	2 or more friends:	600 pp
	Single:	750 pp

- Welcome drink
- Relax & unwind in warm, steamy ozone pods
- Balancing 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