

MENU

MASSAGE AND BODY THERAPY

LPG ENDERMOLOGIE® Slim, Smooth, Sculpt, Firm and Drain From R240

The new body endermologie® patent simultaneously stimulates adipocytes and fibroblasts to produce collagen, elastin and hyaluronic acid for healthier, firmer, younger looking skin

THE ROOTS R550 | 45 min

Be grounded. Relieves tension in lower legs and feet. Improves circulation. Stimulates healthy organ function. Energizing.

THE CROWN R450 | 30 min

Clear your mind. Relieves neck, head, and facial tension. Reduces arm and hand soreness. Increases sense of renewal.

THE STRESS RELIEVER R690 | 45 min

Inspired by Reflexology techniques this therapy aims to calm and balance the body's nervous system and break down toxins to balance the body and mind.

THE SIGNATURE R850 | 60min or R1200 | 90 min

Swedish inspired massage enhanced with aromatherapy oils. Calming. Relieves stress. Increases well-being.

THE STRETCH R1150 | 75 min

Sports inspired massage for the athlete. Stimulates lymphatic and circulatory systems. Improves range of motion. Reduces recovery time.

THE EXPECTING R1200 | 90 min

Prenatal massage for expecting mothers 13+ weeks. Eases muscle tension. Improves circulation. Reduces swelling. Promotes restful sleep. Includes a cocoon body wrap to nourish and strengthen the skin

THE DETOX AND SLIMMING MESSAGE R1150 | 75 min

This is primarily a detoxifying massage that focuses on techniques that assist circulation and lymph drainage to help remove toxins which cause dimpling and slackening of skin.

THE BIO-SLIMMING WRAP From R395

Biominceur is an award winning, results driven Slimming Wrap. Produced in France, this body wrap uses essential oils, algae, caffeine and hot & cold thermo-agents to detoxify the body, stimulate lymphatics, slim, firm and tone

THE THALGO INTEGRATIVE WRAP From R1005

High precision shaping - draining & slimming. This treatment implements three exclusive expertise: Body wrap with active oxygen, high performance concentrates and perfect sculpt massage

THE COCOON R690 | 45 min

A full body detox wrap. Wholly nourishing. A treatment that helps to cleanse and detoxify the body. A moment of well-being

THE POLISH R580 | 30 min

A full body exfoliation. Pairs the incomparable exfoliating power of marine salt with nourishing oils to reveal a refined skin texture. Allows improved nourishment and hydration. Promotes glowing skin.

THE PRIVATE PICNIC R900 For two

Order a Picnic basket for two, to enjoy in the garden. Includes savoury and sweet snacks as well as wine of your choice. Sourced from our favourite local farms and bakeries.



Stellendal House, 2 Stellendal Road, Somerset West

Mon - Fri 08h00 - 18h00. Saturdays and Non-Christian Public Holidays 08h00 - 17h00