



African Serenity

Body Therapy Specialist

2a Robert Armstrong Road, Coniston Ridge Canelands

Treatment Listing

Treatment	Duration	Cost
BODY SCRUB Exfoliating and invigorating sea salt and essential oil body scrub and shower.	30 min	R 100
AROMATHERAPY DETOX Choose from our stimulating Lymph Drainage massage or our relaxing Swedish massage. Enjoy a sea salt and essential oil body scrub, shower and body brushing, followed by a full body Aromatherapy massage using customised essential oils.	90 min	R 300
ANTI-CELLULITE FULL BODY MASSAGE Invigorating and exfoliating herbal sea salt body scrub, shower and body brushing, followed by a customised full body massage concentrating on congested areas, ending with a relaxing back massage.	90 min	R 300
JET LAG Enjoy an essential oil and sea salt foot spa, relaxing aroma therapy treatment, followed by a scalp massage.	75 min	R 280

Salon Tasters

Treatment	Duration	Cost
TRADITIONAL THERAPEUTIC MASSAGE	60 min	R 220
AROMATHERAPY MASSAGE	60 min	R 250
ANTISTRESS SHOULDERS, BACK, NECK MASSAGE	30 min 45 min	R 120 R 150
HAND AND FOOT MASSAGE Enjoy a relaxing foot spa with healing essential oils and sea salt	30 min	R 100
HOT STONE MASSAGE * Enjoy a full body massage using warm stones from our South African rivers.	90 min	R 290
HOT STONE SHOULDERS, BACK AND NECK *	45 min	R 180
AFRICAN HEAD MASSAGE (back, neck and face) Destress and relax, experience the wonderful relief of this massage.	30 min	R 110

* Add essential oils for therapeutic effect (R 30.00 additional charge)