



The Spa

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*at  
Brahman Hills*

# The Menu



My Body	Symptoms	Pressure	Full Overview of Treatment	Glow Body Scrub	Aromatherapy Bath infused with Mineral	Massage	Oil	Essential Oils	Tranquillity CCC	Head	Back, Neck & Shoulder	Full Body	20 mins	30 mins	45 mins	60 mins	90 mins	
My Head	Stress & Tension	Firm	Head massage focusing on pressure points to relieve stress and tension			☞	☞	☞	☞	☞				R 310				
My Back, Neck & Shoulders	Tension, Respiratory & Circulation	Firm	Deep Tissue - stimulates circulation and respiratory system releasing built up tension in the body.			☞	☞	☞	☞		☞				R 385			
My Back, Neck & Shoulders	Tension & Circulation	Medium	Medium pressured massage relieves tension and increases blood circulation			☞	☞	☞	☞		☞				R 385			
My Body	Relaxation & Circulation	Light	Hot Stone Granite rocks light pressured massage to warm the muscles and increase circulation - relaxation	75 mins	90 mins	☞	☞	☞	☞		☞					R 660	R 790	
My Body	Tension, Respiratory & Circulation	Firm	Deep Tissue - stimulates circulation and respiratory system releasing built up tension in the body.	90 mins	90 mins	☞	☞	☞	☞			☞				R 525	R 760	
My Body	Tension & Circulation	Medium	Medium pressured massage relieves tension and increases blood circulation	90 mins	90 mins	☞	☞	☞	☞			☞				R 525	R 760	
My Body	Balance & Harmony	Light	Aromatherapy Light pressured massage to enhance balance and harmony - Relaxing	90 mins	90 mins	☞	☞	☞	☞			☞				R 525	R 760	
My Body	Relaxation & Circulation	Firm	Back neck and shoulder			☞	☞				☞			R 310				
My Body	Relaxation & Circulation	Firm	Foot and calf			☞												
My Body		Medium	Purity Candle Massage specialized for mom's to be, gentle moisturizing full body massage			☞	☞					☞				R 610		
My Body		Medium	Candle Massage with thread of special hot melted wax in choice of either boost, detox, harmony relief or tranquillity			☞	☞					☞				R 550		
My Body	Hydrating	Firm	Hydrating Salt Glow Body Scrub - a vigorous salt polish to exfoliate the skin leaving it silky smooth	☞	☞									R 275				
My Body	Detox	Firm	Detox Coffee Glow Body Scrub - a vigorous salt polish to exfoliate the skin whilst detoxifying the body.	☞	☞									R 275				
My Body	Smoothing	Medium	Gentle Sugar Body Scrub - a smooth sugar polish to exfoliate the skin whilst leaving it silky smooth	☞	☞									R 275				
My Body	Smoothing	n/a	Mineral Bath - essential oils and mineral salts combined with therapeutic herbs exfoliate to while cleansing and conditioning		☞									R 150				
My Body	Smoothing	n/a	Rooibos & Lavender Wrap therapeutic body treatment excellent for the skin in absorbing excess oils and eliminating toxins		☞											R 700		

# The Menu



My Body	Full Overview of Treatment	Foot File	Cuticles, Nails, Buff	Paint	Gellish	Foot & Calf Massage	Paraffin Dip						20 mins	30 mins	45 mins	60 mins	90 mins
													🕒	🕒	🕒	🕒	🕒
My Feet	Nguni Pedicure - leaving feet super nourished, exfoliated and groomed finished with OPI varnish	👣	👣	👣		👣										R 255	
My Feet	Nguni Pedicure - leaving feet super nourished, exfoliated and groomed finished with Gellish	👣	👣		👣	👣										R 320	
My Feet	Brahman Pedicure - leaving feet super nourished, exfoliated and groomed finished with OPI varnish	👣	👣	👣		👣	👣										R 450
My Feet	Brahman Pedicure - leaving feet super nourished, exfoliated and groomed finished with Gellish	👣	👣		👣	👣	👣										R 510

My Body	Full Overview of Treatment	Soak Off	Cuticles, Nails, Buff	Paint	Gellish	Hand and Forearm Massage	Paraffin Dip						20 mins	30 mins	45 mins	60 mins	90 mins
													🕒	🕒	🕒	🕒	🕒
My Hands	Nguni Manicure - A luxury treatment leaving your hands nourished, exfoliated, renewed and well groomed finished off with OPI varnish		👋	👋		👋										R 250	
My Hands	Nguni Manicure - A luxury treatment leaving hands super nourished, exfoliated, renewed and well groomed finished off with Gellish		👋	👋	👋											R 310	
My Hands	Brahman Manicure - leaving hands super nourished, renewed and well groomed varnish		👋	👋		👋	👋										R 430
My Hands	Brahman Manicure - leaving hands super nourished, renewed and well groomed gellish		👋	👋	👋	👋	👋										R 490
My Hands & Feet	Express Manicure or Pedicure		👣	👣	👣								R 220				
My Hands & Feet	Gel soak off	👋											R 110				
My Hands & Feet	OPI Re varnish - Paint only			👣									R 135				

Treatment	Detail of Where												20 mins	30 mins	45 mins	60 mins	90 mins
													🕒	🕒	🕒	🕒	🕒
Wax	Lip / Chin / Brow Wax												R 110				
Wax	Under Arm Wax												R 110				
Wax	Half Leg Wax													R 165			
Wax	Full Arm Wax													R 150			
Wax	Chest Wax													R 190			
Wax	Back Wax													R 190			
Wax	Full Face Wax														R 200		
Wax	Full Leg wax														R 220		

### **GUIDELINES**

Booking in advance is essential.

Kindly arrive 20 minutes prior to your scheduled treatment(s)

No kids under the age of 12 years are allowed at the Spa

Kindly ensure mobile phones are switched off when entering the Spa.

### **Please alert your therapist for the following contra-indications:**

High blood pressure or heart conditions

Muscle or joint injuries

Allergy to nuts, iodine, or product allergies

Pregnancy, Epilepsy and Diabetes

Brahman Hills Spa is not responsible for any theft, damage, loss or misfortune that may occur whilst on our premises.

### **CANCELLATION POLICY:**

24 hours advance notice is required for cancellations and rescheduling, otherwise the full amount will be charged.

Late arrival will result in a reduction of time whilst the full treatment fee will apply.

Prices are subject to change without prior notice.

### **GIFT VOUCHERS**

Gift vouchers only bought for a monetary value amount are available from the Spa Reception.

These are valid from date of purchase for 3 years and are not redeemable for cash.

### **OPERATING HOURS**

The Spa opens at 08h00 and closes at 18h00

Late Treatments can be arranged with notice.

We are open on Public Holidays unless otherwise stated.



**BRAHMAN HILLS**

*KwaZulu-Natal Midlands*

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Released September 2018