

Massage Therapies

The spiritual perfection of centuries old knowledge combined with modern know-how techniques impart an enhanced feeling of well being on both mind & skin. Set your spirit free!

Back, Neck & Shoulder. From R 250 - 30 mins

Foot Massage. From R 200 - 30 mins

Foot Massage during laser / therapy treatments.

From R 150 - 30 mins

Indian Head Massage. From R 200 - 30 mins

Aromatherapy / Stress Relief Full Body Massage - Aromatherapy massages assimilating the best of Swedish massage with natural plant essences that address your skin's individual needs and respectively energize, calm, or de-stress you. **From R 450 - 60 mins**

Manual massage uses knuckling and kneading lymph draining massage to improve the appearance of cellulite.

From R 250 - 30 mins

Swedish Massage - A massage that manipulates the body using alternating long and short strokes, increasing circulation as it relieves tension.

From R 300 - 30 mins

From R 400 - 60 mins

From R 460 - 90 mins

Reflexology - The ancient Chinese technique that uses pressure-point massage (usually on the feet, hands and ears) to restore the flow of energy throughout the body. By using pressure on these points the therapist can help eliminate toxins, relax the entire body, and stimulate the healthy functioning of internal organs.

From R 250 - 30 mins

Signature 3D Treatments

3D Skin Rejuvenation™ Skin Renewal's signature laser treatment is one of the most effective non ablative skin rejuvenation solutions available. It addresses sun spots, redness, spider veins, wrinkles, shallow and sagging skin with no downtime at all. 3D Skin Rejuvenation™ includes three clinical applications viz. Titan, Limelight and Laser Genesis to give amazing results.

From R3 300 per treatment

3D Body Renewal, our signature body shaping treatment is one of the most effective body shaping solutions available and involves combining five clinical applications: Ultrashape, Radiofrequency, Carboxytherapy, Manual Lymph drainage and Body Renewal Lite, a body sculpting eating programme to reduce exercise resistant fat and dangerous intra abdominal fat. If the programme is strictly adhered to, a weight loss of 10 kgs and a 10 cm circumferential reduction in one month is possible.

From R3 750

3D Cellulite Solution, our signature cellulite treatment combines the following cutting edge non-invasive cellulite technologies at an affordable price: Carboxytherapy, Radiofrequency, mesotherapy and Manual Lymph drainage. 6 to 12 treatments needed.

From R1 100

3D Skin Tightening is an effective way to tighten lax abdominal or body skin and combines four skin tightening applications viz Titan, Laser Genesis, Carboxytherapy and Radiofrequency to offer a non surgical, no downtime alternative treatment to tighten loose skin anywhere on the body.

From R3 500

3D Stretch Mark is the ultimate stretch mark package which combines Carboxytherapy, Laser Genesis, Transdermal mesotherapy and Radiofrequency.

From R1 000

3D Mommy Renewal improves resistant fat, stretch marks, hormonal pigmentation and cellulite of pregnancy. If the programme is strictly adhered to, 10 to 12 kgs of acquired, resistant fat can be safely lost in 4 to 6 weeks - resulting in a shapely, sexy new you!

From R1 500