



LITTLE  
SWITZERLAND

BY DREAM RESORTS

# WELLNESS SPA MENU

## REJUVENATE MIND BODY AND SOUL

Relax and indulge in a de-stressing massage treatment to heal, balance and rejuvenate tired, sore or aching muscles using a range of essential oils specifically to suit your needs.

Please note that as we currently only have one therapist, only one treatment can be done at a time and therefore we cannot accommodate couple's treatments

### NAIL CARE & ADD ON'S

#### DELUXE SPA PEDICURE | R325

For tired, sore, swollen feet. To hydrate, increase blood circulation and enhance well-being of feet.

Express pedi or mani | R255

Deluxe spa manicure | R285

Buff & paint (hands or feet) | R155

French polish | R125

Paraffin dip (15min) | R110

### MASSAGE TREATMENTS

#### AROMATHERAPY MESSAGES

Full body | 60min | R555

Full body | 80min | R860

Back | 30min | R325

Back, neck and scalp | 45min | R475

#### HOT STONE MESSAGES

Therapy | 60min | R565

Back | 30min | R325

Back, neck and scalp | 45min | R475

#### SWEDISH MESSAGES

Full body | 60min | R505

Back | 30min | R310

Back, neck and scalp | 45min | R365

#### POPULAR MESSAGES

Indian head massage | 30min | R255

Back, neck and shoulder | 30min | R310

Deep tissue massage | 60min | R525

Foot massage | 30min | R310

Hand massage | 30min | R310

#### THREE IN ONE TREATMENT | 60MIN | R505

Indian head massage, foot massage and back massage OR Indian head massage, hand massage and back massage



Terms and Conditions: Booking is essential. Guests are required to arrive 5 – 10 minutes before their appointment time. If you arrive late, your treatments will be shortened accordingly. 100% cancellation fee applies if appointments are not cancelled 24hrs in advance. All prices subject to change. Please contact reception by dialling '9' to book a treatment. Operating hours 9:00 – 18:00.