



**ABALONE**

Wellness Centre

## Skincare

### Kalahari Honey Bush Skin Treatment

R600 - 60min

The Kalahari Honey Bush Facial Treatment is a deeply nourishing treatment that includes natural plant extracts and rich botanical oils. The treatment includes a relaxing facial massage that will hydrate and rejuvenate your skin leaving it soft and supple. This treatment is suitable for all skin and suitable as a maintenance treatment.

### Vita C Skin Treatment

R550 – 60min

This is an ultra-firming, anti-ageing treatment rich in natural, organic Vitamin C and essential antioxidants. Extracted directly from the African Baobab fruit, our Vitamin C boosts collagen and elastin regeneration, making your skin appear visibly firmed, brightened and tightened. Suitable for all skin conditions.

### Revitalising Vita Gel Skin Treatment

R600 – 60min

The Vita-gel skin treatment is a highly effective treatment gel that revitalises and rejuvenates the skin. The effective combination of alpha hydroxy acids, peptides and moisture-binding ingredients will leave the skin visibly detexturised, revitalised and radiant. Suitable for all skin conditions.

### Phytic Clay Skin Treatment

R550 – 60min

The Phytic Clay Treatment Mask is a pro-active treatment that contains Mandelic, Glycolic acid and Phytic acid derived from Soybean extract. The treatment mask effectively targets hyperpigmentation, de-ageing and rejuvenation of the skin leaving it visibly brightened and rejuvenated. Not suitable for sensitive skin conditions.

### Phyto Compounding Skin Treatment

R550 – 60min

The Phyto Compound Treatment Mask Treatment is compounded especially for your specific skin needs from a selection of African Mud, Clays and Phyto-effective treatment.

## Neck and Décolleté Treatment R280 – 30min

Our Neck and Décolleté Treatment targets the visible appearance of sagging skin around the neck and décolleté area. The Vitamin C mask will visibly firm and tighten the treatment area through boosting the collagen and elastin. Suitable for all skin conditions.

## Nail Treatments

### Phyto Heel Exfoliation Treatment R300 – 60min

The Phyto Heel Exfoliation is a highly effective deep exfoliation that removes dead skin cell build-up. The Glycolic acid and Pumpkin enzymes, which break down the protein bonds that hold dead skin cells together, in order for these to easily be buffed away. The rough skin will feel smooth and hydrated. Suitable for all skin conditions.

### Revitalising Pedicure R350 – 60min

A Classic Pedicure includes foot soaking, foot scrubbing with a foot file, nail clipping, nail shaping, foot and calf massage, moisturizer and nail polishing.

### Revitalising Manicure R300 – 45min

A classic manicure is a traditional way of applying nail colour and nail care. The steps for this service is to cut and shape the nails, and then cuticle trim.

### Gel Manicure R450 – 45min

Hand Soak following by a moisturising scrub, cuticle work massage and gelish paint

### Gel Pedicure R500 -60min

Foot soak follows by a foot scrub, cuticle work, relaxing foot massage and gelish paint with the UV Lamp.

## Massages

### Indian Scalp Treatment

R350 – 30min

Treatment will relieve itchy, dry and flaky scalp conditions. Massage also removes unwanted build-up on the scalp while the botanical mint oil will leave your scalp refreshed and invigorated. The treatment includes a deeply relaxing scalp massage.

### Back Massage

R450/R550 – 30min/45min

This is a deeply relaxing massage therapy with sun-baked calabashes from the Kalahari Desert. The gentle round body of the calabash releases muscle stiffness in your back and will have a deeply relaxing effect on body and mind.

### African River Hot Stone Full Body Massage

R750 – 60min

This ancient body treatment uses the therapeutic heat from stones that is slowly released into the muscle for a deeply relaxing distressing experience. Small, warm stones are placed on your back while warm, luxurious oils are massaged deeply into the body for a deep 60minute relaxation experience. . The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

### Reflexology

R450 – 45min

Reflexology, also known as zone therapy, is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion.

### Aromatherapy

R750 – 60min

During aromatherapy massage, you will inhale the essential oils and it also penetrate into your bloodstream, you can choose which aroma massage you would like to have as the different essential oils bring different effects to the body.

## Body Treatments

### Desert Glow Body Exfoliation

R400 – 30min

A stimulating and refreshing full body exfoliation that will stimulate blood circulation while unwanted rough skin will be buffed away with salt crystals from the plains of the Kalahari. Your skin will feel smooth and deeply nourished.

### Kalahari Red Dune Sand Body Exfoliation

R400 – 30min

The soft red dune sand merges with our fragrant sugar to effectively exfoliate rough skin when it gently travels across your body to take you on a stimulating and reviving journey. Grape seed oil will deeply nourish your skin and leave it perfectly moisturised and silky soft.

### African Clay and Grape Seed Oil Body Wrap

R500 – 30min

After gently exfoliating the whole body you will be wrapped in nourishing Grape seed oil and botanical clay that improves lymphatic flow, removes toxins from skin and refreshes your whole body. When unveiled after the treatment, your skin will be silky smooth, invigorated and moisturised.

## Packages

### Abalone package – 1h30min R1100

30min Back & Neck massage

30min foot massage

30min Kalahari facial

Includes a sauna session before treatments

### Couples massage

R1400 – 60min

A relaxing full body treatment for you and your partner, which relaxing tones from Swedish massage and encompassing, organic aromatherapy that will take you on a journey of sense.(In room treatment)

## **Wax Treatments**

Half Leg – R300

$\frac{3}{4}$  leg wax (above knee) – R350

Full Leg – R400

Hollywood – R500

Brazilian – R450

Bikini – R300

Lip / Brow / Chin – R80 each

Eyebrow & Lip R150

## **Tint Treatments**

Eyebrow tint – R70

Eye lash tint – R80

Combo - Eyebrow & Lash tint – R150

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**kalahari**<sup>TM</sup>  
ancient desert secrets