



**Spa de Sol**  
WELLNESS, SPORT THERAPY & BEAUTY CENTRE  
BY HAMILTONS



**MASSAGE • FACIALS • BEAUTY TREATMENTS  
QUALITY PRODUCTS • OUTSTANDING SERVICE**

**Specialising in Wellness Therapies**

## SIGNATURE TREATMENTS

### After Travel Stress Relief Treatments

After Travel Stress Reliever 1 **90mins R650.00**

- Foot ritual with lavender: A specialised foot exfoliation and foot massage aimed at relieving tired and swollen feet.
- Jet lag full body massage: After travel stress massage is a combination of Swedish & Aromatherapy, aimed at tired, stiff muscles lavender & rose essential oils are blended for perfect relaxation.

After Travel Stress Reliever 2 **75mins R500.00**

- Mini facial: Cleansing, toning, moisturising & massage.
- Hot Stone back: Neck & shoulder massage.

After Travel Stress Reliever 3 **60 mins R420.00**

- Foot & Ankle massage
- Back, neck shoulder massage: Concentration lowerback and spinal muscle.

### Full Body Treatments

Couples Massage **60Mins R700.00**

*Why enjoy a relaxing massage alone when you can share it with a partner. Full body Swedish massage for two people done in one room, done by two therapists.*

Tandem Massage **60Mins R550.00**

This massage is performed by two therapists. Also referred to as the "four hand massage"

Hot Stone Massage **75Mins R450.00**

The healing power of stones increases blood flow to relax stiff muscles.

Sports Massage **75Mins R450.00**

This massage targets tired and sore muscles, improves muscle flexibility. This treatment also includes stretching of the main muscle groups.

Deep Tissue Massage **60Mins R390.00**

This massage targets very stiff, sore muscles & muscle spasms.

Aromatherapy **60Mins R390.00**

A gentle massage using essential oils, ideal for relieving stress of daily living. These essential oils rebalance energy levels, relax & rejuvenate the body, mind & spirit.



**ENJOY TREATMENTS AT OUR RELAXING SPA AT SPA DÉ SOL  
OR IN THE LUXURY OF YOUR HOTEL ROOM**

(Additional travel fees are added to each treatment not undertaken at Spa de Sol R50.00 in Hazyview and R100.00 outside of Hazyview)

Swedish Massage **60Mins R380.00**

Promoting a sense of well being by increasing blood circulation and lymphatic flow. This classic body massage eases muscular tension, aches and pain and promotes relaxation.

Mother to be Massage **60Mins R350.00**

Full body Swedish massage for pregnancy, safe oils and special techniques for the ultimate relaxation experience.

Twenny Massage **45Mins R280.00**

Specialised massage for children under the age of twelve years.

### PARTIAL BODY MASSAGE

Hot Stone Back, Neck and Shoulder Massage **45Mins R300.00**

Effective for relaxing very stiff muscles of the body and increasing circulation to the head, neck and back muscles.

Foot & Leg Massage **30Mins R 250.00(both)**

A massage of the legs & feet increasing circulation and promoting relaxation

Back, Neck & Shoulder Massage **30Mins R250.00**

Specifically easing muscle tension by concentrating on stiff and sore muscles of the back, neck, shoulders & head.

Foot & Ankle Massage **30Mins R200.00**

A massage of the lower leg, calves & feet.

Indian Head Massage **30Mins R200.00**

This ancient therapy is suited for the classic problems caused by everyday tensions.

Accupressure Facial  
Massage **30Mins R200.00**

This massage targets all the accupressure points of the face, promoting well being and increasing circulation to the face.

Hand & Arm Massage **30Mins R150.00 (both)**

A massage of the arms increasing circulation and promoting relaxation.

Expectant Mum Back, Neck & Shoulder Massage **30Mins R250.00**

*Specialised back , neck and shoulder massage for pregnant women.*

### Combination Treatments

Full Body Scrub+ Body - Mask+ Full Body massage **120Mins R720.00**

Manicure, Pedicure+ Deep cleansing facial **180mins R700.00**

Full Body Massage+ Deep cleansing facial **120mins R600.00**

Back, Neck & Shoulder Massage+ Foot and ankle massage **60mins R400**

### Express Treatments (45Mins)

Manicure: Exfoliation, file, cuticle work, shaping, buff& paint **R200.00**

Pedicure: Exfoliation, file, cuticle work, shaping, buff& paint **R200.00**

Facial: Cleanse, exfoliation, tone, moisturise **R200.00**

### Packages

Couples package 3hrs **R1700.00 (per couple)**  
•Full body scrub  
•Swiss shower  
•Aromatherapy  
•Full facial

Pamper Package full day **6hrs R1550.00**  
•Full body exfoliation  
•Swiss shower  
•Aromatherapy full body massage  
•Spa facial  
•Body mask  
•Spa manicure  
•Spa pedicure



Skin Rejuvenating Package (a must) **5 hrs R1350.00**

- Full body scrub using sea salt & coconut oil
- Detox body mask
- Full body massage with jojoba or rose
- Rejuvenating facial with paraffin and sea collagen masks.
- Collagen hand massage
- Collagen mini pedicure
- Targets dehydrated skin, rejuvenates and leaves the skin silky soft & smooth.

De-stress half -day package **4hrs R1250.00**

- Full body exfoliation
- Vitality body mask
- Full body massage
- Foot & ankle massage
- Mini facial (Cleanse, scrub, moisturise)

Harem Special Package **3 hrs R1100.00**

*A luxurious and sensual body preparation from the East. It removes dead skin cells, leaving the skin glowing, fragrant and soft as silk.*

- Harem scrub
- Full body massage using rose and geranium
- Turmeric body mask
- Indian head massage using Amla or Henna oil.

Pamper Package half day **4hrs R1100.00**

- Aromatherapy full body massage
- Spa Facial
- Spa manicure
- Spa pedicure
- Health foods served

Detox Package Half day **4hrs R1100.00**

- Detox body scrub
- Detox body mask
- Hot Stone full body massage
- Foot & ankle massage

Mother to be deluxe indulgence **4.5hrs R1000.00**

- Full body pregnancy massage
- Nourishing facial
- Manicure with collagen + paraffin wax
- Pedicure with collagen + paraffin wax

Mother to be indulgence package **3hrs R700.00**

*A special treat for expectant mums:*

- Safe oils and products are used in order to pamper, spoil and relieve muscle tension.
- Back, neck & shoulder pampering massage
- Foot& ankle massage (Half -leg)
- Hand massage or pedicure with paraffin wax



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**Open 7 days a week**

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