



# NIBELA

LAKE LODGE

Part of the  DREAM HOTELS & RESORTS family

# LAKESIDE BUSH SPA

All treatments are accompanied by sparkling wine

## FACIALS

The perfect fusion of nature and science, Skinlogic gives you powerful fruit-based formulas to nourish and restore the skin:

Deep Cleansing	<b>45 min</b> R400
Balancing Facial	<b>60 min</b> R605

## MANICURE

Express Mani	<b>30 min</b> R270
Spalicious Deluxe Mani	<b>60 min</b> R385
File & Polish	<b>20 min</b> R135
Paraffin Wax Mani	<b>20 min</b> R255

## PEDICURE

Express Pedi & Silky Soft Foot Peel	<b>60 min</b> R535
Spalicious Deluxe Pedi	<b>60 min</b> R385
File & Polish	<b>20 min</b> R135
Paraffin Wax Pedi	<b>20 min</b> R255

## UNIVERSAL MESSAGES

A choice of speciality essential oils which aid in relaxation, improves circulation, and promotes the healing of wounds accompanied by heated basalt stones:

Back, Neck & Shoulder	<b>30 min</b> R430
Full Body Massage	<b>60 min</b> R720
(add a scrub or mask)	<b>10 min</b> R110



## SWEDISH MASSAGE

Choose between a 100% natural candle or body balm, this massage medium leaves the skin soft, subtle, and radiant:

Back, Neck & Shoulder	<b>30 min</b> R480
Full Body Massage	<b>60 min</b> R780
Foot & Leg Massage	<b>30 min</b> R430
(add a scrub or mask)	<b>10 min</b> R110

## REFLEXOLOGY

Stimulation of points on the foot to enhance organ health and unblock meridians to increase blood flow and assist restoration of homeostasis within the entire body.

**45 min** R515

## BODY COCOON

A heavenly full body pamper with exfoliation and envelopment by body mask then finish by body butter or spritz. Choose between a detoxifying or anti stress cocoon.

**60 min** R630

## INDIAN HEAD MASSAGE

Focusing on the chakras on your head - your entire body will feel relaxed and stimulated.

**30 min** R400

## DEEP TISSUE MASSAGE

Using the healing power of Arnica to repair damaged muscle fibres and the pain-relieving qualities of mint to reduce pain and muscle fatigue. Working deeply into the muscle to release tension points.

Back & Neck	<b>30 min</b> R510
Full Body	<b>60 min</b> R745

## NIBELA SPECIALITY

A back scrub and mask followed by relaxing massage, leaves you feeling rejuvenated and relaxed

**45 min** R605



## ANTI STRESS MASSAGE

A full exfoliation to ease tension in muscles and energize the body, followed by a relaxing massage. **90 min R840**

## BODY BUFF

A luxurious and intensive scrub, as the creamy scrub comes into contact with your skin you will feel a relaxing warm sensation. Your skin will be regenerated and re-mineralised. **30 min R375**

## KIDS PACKAGES 3 - 13 YRS

Mini Facial	<b>30 min R175</b>
Mini Mani or Pedi	<b>30 min R175</b>
Mini Massage	<b>30 min R175</b>

## CELLULITE TREATMENTS

### Cellulite Thigh Treatment

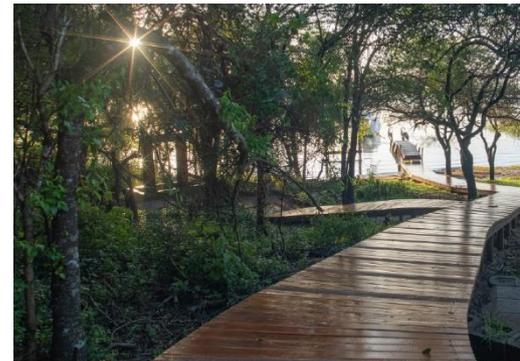
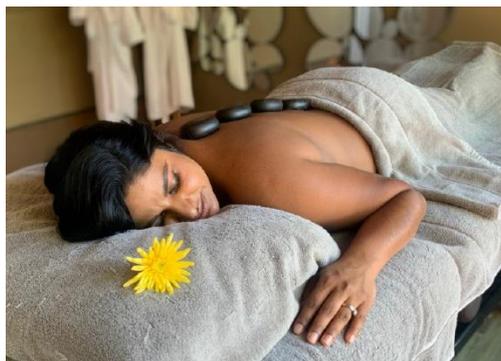
A selection of well balanced, scrubs, oils, gels, and creams used in a special way to reduce the signs of cellulite. This treatment is combined with a 10min Indian head massage **60min R495**

### Cellulite Arm Treatment

A selection of well balanced, scrubs, oils, gels, and creams used in a special way to reduce the signs of cellulite. This treatment is combined with a 10min Indian head massage **60min R495**

### Cellulite Combined Treatment

A selection of well balanced, scrubs, oils, gels, and creams used in a special way to reduce the signs of cellulite. This treatment is combined with a 10min Indian head massage **1hr 45min R895**



## SPA PACKAGES

### Lunyawo Speciality

Treat yourself to a Deluxe pedi, paraffin wax and foot and leg massage  
**2hrs R590**

### St Lucia Package

A 30min back, neck and shoulder massage followed by a deluxe manicure and pedicure  
**2hr 30min R900**

### Deluxe Mommy to Be (depending on trimester)

Express pedi, Indian head massage, deep cleansing facial  
**1hr 45min R970**

### Deluxe Mommy to Be

Express pedi, deep cleansing facial      **80min R620**

## HEALTH CONSIDERATIONS

Should you suffer from high blood pressure, any allergies, are pregnant or suffer from any other medical conditions, please notify our therapist when making your reservation

## CANCELLATION POLICY

Cancellations should be made at least 2 hours prior to your scheduled appointment - should you fail to do so, you will be liable for the full treatment cost

## T's & C's

- All prices are subject to change without prior notice due to currency fluctuation, fuel prices and/or unforeseen economic circumstances.

