



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.

### NAIL CARE & ADD ON'S

#### DELUXE SPA PEDICURE | 60 min | R325

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

Express pedi or mani | 30min | **R255**

Deluxe spa manicure |60min | **R285**

Buff & paint (hands or feet) | 30min | **R155**

French polish| 30min | **R125**

Paraffin dip (15min) | **R110**

### MASSAGE TREATMENTS

#### AROMATHERAPY MESSAGES

Full body | 60min | **R555**

Full body | 80min | **R860**

Back | 30min | **R325**

Back, neck and shoulder | 45min| **R475**

#### HOT STONE MESSAGES

Therapy | 60min | **R565**

Back | 30min | **R325**

Back, neck and shoulder | 45min | **R475**

Full body | 90min | **R900**

#### SWEDISH MESSAGES

Full body | 60min | **R505**

Back | 30min | **R310**

Back, neck and shoulder | 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.