



**MOUNT
SAVANNAH**

BY DREAM RESORTS

WELLNESS SPA MENU

We use grapeseed oil on all treatments.

For active muscles, a pre-mix active muscle oil is used. For stress release, a pre-mix stress release oil is used.

WELLNESS TREATMENTS

- Relaxing Back, Neck & Shoulder | 30min** **R500**
 This treatment uses classic massage techniques that concentrate on your neck, shoulder and lower back muscles to relax the body and mind, reduce tension in the muscles of the back, neck and shoulders.
- Deep Tissue Back, Neck & Shoulder | 30min** **R500**
 This method uses deeper pressure to reach all layers of the tired muscles, connective tissues and improves blood flow.
- Relaxing Full Body Massage | 60min** **R650**
 This massage unites the body and mind, reduces stress, soothes tired muscles, improves blood flow and increases relaxation.
Complementary hot stone |
- Deep Tissue Full Body Massage | 60min** **R700**
 This process helps release the tension and tightness deep in your muscles and connective tissues. This treatment will soothe all the tightness from sore muscles and improve muscle flexibility and endurance in the body.
Complementary hot Stone |

MASSAGES

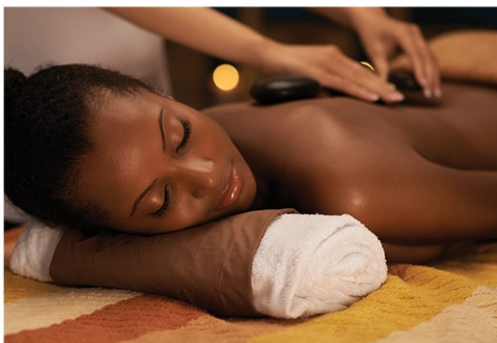
- Indian Head | 30min** **R400**
 Soothing head massage and scented massage oil.
Additional hot stones | **R50**
- Foot Treatment | 30min** **R400**
 Purifying wash, exfoliate, massage, heel balm and moisturize.
Additional hot stones | **R50**
- Hand Treatment | 30min** **R400**
 Purifying wash, exfoliate, mask, massage, cuticle treatment and moisturize.

Benefit of Hot Stones

It helps you relax and ease-tired muscles and damaged soft tissue throughout your body.

10% OFF MONDAY-THURSDAY

Excludes weekends and public holidays



ENQUIRE AT RECEPTION FOR BOOKINGS

Terms and Conditions: The spa operating hours is from 8:00-17:00 Monday to Sunday. A 50% non-refundable deposit is required upfront. 100% cancellation fee applies on no show or late arrival if less than 24hrs notice is given. Bookings cannot be moved or changed. Subject to availability. Should you arrive late, time will be deducted from your treatment and the full rate will apply. Treatments are available in the comfort of the guest's room. All our treatment includes gowns for use on premises. All prices are inclusive of VAT.