

## SIDE-BY-SIDE & SOLO JOURNEYS

These relaxation therapies can be enjoyed as single or side by side treatments for friends, family and romantic partners.

(Prices below are per person)

### Rest & Renew | 120min R1250

- Body Scrub, Swedish or Aromatherapy Full Body Massage & Energising Facial

### Glow & Go | 90min

- Energising Facial, Mani On-The-Go and Spa Pedicure R980

### Soul Soother | 60min R600

- Swedish or Aromatherapy Back, Neck, Head & Foot Massage and Pedi On-The-Go

### Muscle Ease | 60min R750

- Back Scrub, Hot Stone or Swedish Massage, Muscle Ease Back Wrap & Scalp Massage

### Body Balance Ritual | 90min R1295

- A revitalising full-body treatment combining dry brushing, aromatherapy massage, and a mineral-rich body wrap to detoxify, smooth, and restore inner balance

## BODY GLOW THERAPY

- Body Scrub, Creamy Chocolate Body Mask & Nourishing Coconut Body Balm | 60min R590
- Body Scrub & Nourishing Coconut Body Balm | 45min R450
- Body Scrub | 30min R360

## TRADING HOURS

Monday & Friday: 08:00 - 18:00

Tuesday, Wednesday, Thursday: 08:00 - 17:00

Saturday & Sunday: 08:00-17:00

## BOOKINGS

WhatsApp – 0236141159

Phone: 023 614 1150, Ext 421

Email: [healthspa@avalonsprings.co.za](mailto:healthspa@avalonsprings.co.za)

## CANCELLATION POLICY

### Kindly Note Our Cancellation Policy

Cancellations made less than 24 hours in advance may incur a **50% charge**.

**No-shows** will be charged **in full**.

A deposit may be required for **packages or peak-time bookings**.

Thank you for respecting our therapists' time and care.



# AVALON SPRINGS

BY DREAM RESORTS

# Spa MENU

## MASSAGES

### Avalon 5 Star Signature Massage | 90min R1295

- A deeply restorative ritual combining Swedish flow, warm stones, and aromatherapy to calm and renew

### Swedish

- Full body | 75min R825
- Full body | 60min R675
- Back, Head, Neck & Feet | 45min R535
- Back & neck | 30min R415

### Aromatherapy

- Full Body | 75min R915
- Full Body | 60min R830
- Back & Neck | 30min R450

### Pregnancy

From 2<sup>nd</sup> trimester onwards

- Full Body | 60min R755
- Back & Neck | 30min R430

### Hot Stone

- Full Body | 60min R830
- Back & Neck | 30min R450

### Deep Tissue

- Full Body | 60min R830
- Back & Neck | 30min R475

### Indian Head | 30min R385

### Foot & Calf Massage | 30min R375

## FACIAL TREATMENTS:

- Six Spa Energising Facial | 30min R450
- Six Spa Rejuvenating Facial | 60min R600

### ADD ON

- Lip/Brow/Chin Wax R60
- Lash/Brow Tint R70

## WAXING

- Brow/Lip/Chin R85
- Facial R195
- Full Leg R270
- Full Leg & Bikini R390
- Half Leg R195
- Half Leg & Bikini R315
- ¾ Leg R250
- ¾ Leg & Bikini R365
- Underarm R130
- Bikini – Hollywood R300
- Bikini - Brazilian R270
- Bikini – Regular R215
- Nose/Ears R95

## TINTING

- Eyebrow R85
- Eyelash R95
- Eyebrow Tint and Shape R165

## MANICURES

- Luxury Manicure (with paraffin) R475
- Spa Manicure R370
- Mani On-The-Go R295
- No Paint Mani R335
- File, Buff & Paint R165
- Cut/File & Buff R130

## BIO SCULPTURE GEL

- Evo/Bio Gel Overlay R265
- Full Cover Tips & Gel Overlay R320
- Fill R265
- Spa Mani & Gel Overlay R465
- Spa Pedi & Gel Overlay R475
- Gel Removal & Nail Care R180

### ADD ON

- Gel Removal R60
- Strengtheners R100
- French Paint R30
- Silk Nail Repair/Tip per Nail R40

## PEDICURES

- Luxury Pedicure (with paraffin) R480
- Spa Pedicure R375
- Pedi On-The-Go R300
- No Paint Pedi R340
- File, Buff & Paint R170
- Cut/File & Buff R120

### ADD ON

- French Paint R30
- Hard Skin & Callus Removal R200

## MEDIHEEL CARE

- Hard Skin & Callus Removal R250

## KIDS TREATS (4-12 YEARS)

*Because even little ones need time to slow down and shine from within.*

- Mini Manicure | 20min R120
- Mini Pedicure | 20min R130
- Mini Facial | 20min R200
- Back Massage | 20min R290
- Full Body Massage | 30min R385