



## TREATMENT MENU – LA DOLCE VITA GUESTHOUSE

(All treatments are done in the comfort of your own room)

### **Indian Head Massage 30 minutes – R295.00**

Alternating slow and vigorous massage movements are applied to the head and are combined with a pressure point massage to the scalp, head and shoulders to relieve stress.

### **Back, Neck & Shoulder 30 minutes – R270.00**

#### **45 minutes - R380.00**

Let stress and tension get worked out of tired muscles by caring hands that focus purely on these sore points that usually always hold the worries.

### **Swedish**

#### **60 minutes – R440.00**

Feel the effects of this classic massage all the way, from the tips of your toes to the top of your head.

It uses firm, but gentle pressure to improve blood circulation, ease muscle aches and tension, improves flexibility and reduces stress.

### **Aromatherapy**

#### **60 minutes -R460.00**

Using a blend of pure aromatic oils, to relax, rejuvenate or re-energise the body, we gently massage your body from head to toe, to stimulate the lymphatic system while bringing a sense of calm and wellbeing to engulf your mind, body and soul.

### **Hot Stone Therapy 60 minutes – R495.00**

Using heated lava stones, we amplify the sense of touch to create a sense of total relaxation. Lava stones are said to energise the body and provide deep muscle relaxation through the transfer of heat. Your body will feel invigorated, warm and revived.

### **Classic Manicure 60 minutes – R220.00**

No two hands are the same. This classic treatment feeds the skin with important anti-ageing and nourishing nutrients that lock in moisture, restoring suppleness and elasticity. Our hands do so much work, let's take care of them too.

### **Classic Pedicure 60 minutes – R240.00**

This classic pedicure is just the treatment that your tired feet need. It aids and protects your feet from common ailments. Our feet take us everywhere, let's look after them.

You know you deserve it!