



Massages Treatment

Deep Tissue Massage (Tension and stress reliever)

It targets chronic muscle pain, tightness, postural imbalances, and post-injury soreness.

30 Minutes | R320

45 Minutes | R450

60 Minutes | R650

90 Minutes | R980

Hot Stone Massage

Heated stones placed on strategic areas of the body and hands to improve blood flow, melt away deep muscle tension, and alleviate stress.

30 Minutes | R350

45 Minutes | R490

60 Minutes | R680

90 Minutes | R950

Lymphatic Drainage Massage

A gentle treatment amplified by a massage Lymphatic Drainage Stick and pressure point therapy. Designed to encourage lymph fluid circulation, stimulate the immune system, help the body eliminate toxins, reduce fluid retention, and clear energetic blockages.

30 Minutes | R390

45 Minutes | R540

60 Minutes | R700

90 Minutes | R1,000

Sports Massage



Specifically tailored for highly active individuals or those recovering from repetitive-use muscle injuries from sports. This technique is highly effective for pain relief, muscle tension release, increasing flexibility, and enhancing athletic performance, as well as preventing future injuries.

30 Minutes | R380

45 Minutes | R480

60 Minutes | R680

90 Minutes | R980

Bamboo Massage

An innovative, deep tissue treatment using smooth bamboo canes of varying sizes as an extension of the therapist's hands. It deeply breaches the muscle fibers to effectively roll out stubborn knots, improve circulation, and intensely melt away stress.

30 Minutes | R340

45 Minutes | R460

60 Minutes | R660

90 Minutes | R960

Head Massage

A deeply calming treatment designed to relieve cranial tension, ease headaches, and stimulate scalp circulation, promoting profound relaxation for the entire nervous system.

30 Minutes | R300

45 Minutes | R450

60 Minutes | R600

90 Minutes | R900

Head, Neck, and Shoulder Massage



A focused, therapeutic treatment targeting the primary areas where daily stress and physical fatigue accumulate. Ideal for quickly relieving upper body stiffness, improving posture, and easing mental tension.

30 Minutes | R340

45 Minutes | R460

60 Minutes | R660

90 Minutes | R960

Foot Massage

A deeply restorative treatment targeting the pressure points of the feet to stimulate circulation, relieve heavy, tired legs, and restore balance and energy flow throughout the entire body.

30 Minutes | R320

45 Minutes | R440

60 Minutes | R640

90 Minutes | R940