

Pure Essential Spa

Exclusive Massage Therapy Menu

Deep Tissue Massage (Tension Release)

A more intense therapeutic approach utilizing slow strokes and deliberate, deep finger pressure to penetrate the deepest layers of muscle and connective tissue. It targets chronic muscle pain, tightness, postural imbalances, and post-injury soreness.

- **30 Minutes** | R320
- **45 Minutes** | R450
- **60 Minutes** | R680
- **90 Minutes** | R980

Hot Stone Massage

A deeply therapeutic variation of a Swedish massage that integrates smooth, heated stones placed on strategic areas of the body. The therapist also uses the stones as an extension of their hands to improve blood flow, melt away deep muscle tension, and alleviate stress.

- **30 Minutes** | R350
- **45 Minutes** | R490
- **60 Minutes** | R650
- **90 Minutes** | R950

Lymphatic Drainage Massage

A gentle manual lymphatic drainage (MLD) treatment amplified by a massage tool (Lymphatic Drainage Stick) and pressure point therapy. This technique is specifically designed to encourage lymph fluid circulation, stimulate the immune system, help the body eliminate toxins, reduce fluid retention, and clear energetic blockages.

Indicated for: Lymphedema, edema, fibromyalgia, arthritis, chronic fatigue, insomnia, migraines, digestive problems, and stress.

- **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 (e.g., 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 utilizing heated, smooth bamboo canes of varying sizes as an extension of the therapist's hands. Through specialized rolling, kneading, and pressing techniques, it deeply penetrates 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