

Specialised Touch Therapies

Chakra Balancing Candle Massage (60 min)

R 1 200

An aromatic full body massage incorporating colour therapy. Soy based candles release aromatherapy scents, followed by soothing massage with the oil chosen from your candle.

Four Hands Massage (60 min)

R 2 150

Two therapists using hands, fingers, elbows and forearms to relieve stress and tension, increase lymph function and provide an overall feeling of wellbeing.

The Bellabaci Massage **R 1 200** (60 min excludes the face and stomach) **R1 710** (90 min includes face and stomach massage)

A modern treatment based on the ancient cupping therapy that achieves amazing medical and therapeutic results, including reducing cellulite, improving blood circulation and safely releasing toxins and inflammation from the body.

Hot Stone Massage (60 min)

R 1 425

This hot stone massage focuses on the back of the body and is a unique connection with nature, it's a deep healing and sacred moment that enhances our awareness and brings us closer to our true essence creating sensations of comfort and warmth. The direct heat of the stones relaxes muscles allowing manipulation of a greater intensity than with regular massage.

Absolute Beachfront Hot Lava Shell Massage (60 min)

R 1 425

A complete massage journey using hands, arms and elbows, incorporating the self-heating technology of the Tiger shell to allow a deeper penetrating massage to the core of the muscle. The shells heat up and give off calcium ions when activated by natural ingredients. This renews and firms the skins, giving it a healthy glow.

Reflexology (30 min / 60 min)

R 700 / R 1 095

The age old tradition of pressure point stimulation, Reflexology is the massage of the feet. The feet are divided into zones that represent the whole body. The massage of the nerve endings situated at the bottom of the feet triggers off a response in the body. Thorough stimulation of all reflex areas of the feet reduces stress and tension and creates a space in the recipient's body for healing to take place.

Reiki (60 min)

R 1 130

A Japanese technique for stress reduction and relaxation that promotes healing. Administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. **This is a specialised treatment and therefore has limited availability.

African Journeys

Rungu Massage (60 min)

R 1 200

A unique full body massage administered with the help of a Rungu, a wooden throwing club or baton that carries special symbolism and significance in East African tribal cultures. This massage will deeply relax the muscles, stimulate blood flow, plus soothe soreness, stress and lower back pain.

Please note: Treatment time includes consultation and welcoming foot ritual.