



LAGOON

DAY SPA & WELLNESS CENTRE

# Spa Menu

# MASSAGE

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## **Swedish Body Massage 60min } R680**

## **Swedish Body Massage 90min | R970**

Beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension. Soft to medium pressure.

## **Aromatherapy Massage 60min | R720**

## **Aromatherapy Massage 90min | R1 010**

A light stroke, calming massage using a blend of pure essential oils. This massage is personally tailored to the individual's needs and induces relaxation. Soft pressure.

## **Hot Stone Massage 60min | R720**

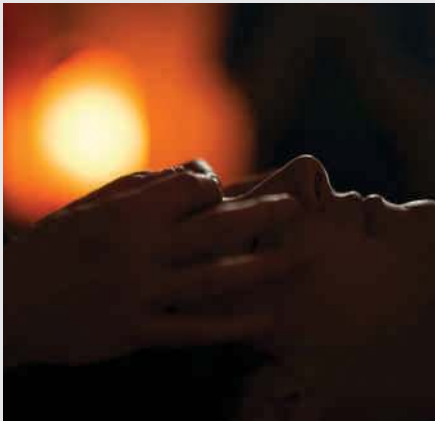
## **Hot Stone Massage 90min | R1 010**

This massage is designed to melt away tension, ease muscle stiffness and increase circulation. Soft to medium pressure.

## **CBD Wellness Massage 60min | R800**

## **CBD Wellness Massage 90min | R1 090**

Beneficial for decreasing pain & inflammation whilst super-charging the immune system & promoting restorative sleep. THC free and 100% legal.



### **Deep Tissue Sports Massage 60min | R800**

This massage involves applying firm pressure and slow strokes to reach deeper layers of muscle. It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. Firm pressure.

### **Pregnancy Massage 60min | R680**

A customised Swedish Body Massage comfortable for mom, but ensuring no pressure on the belly.

### **Back Neck & Shoulder Massage 60min | R680**

### **Back Neck & Shoulder Massage 45min | R560**

### **Back Neck & Shoulder Massage 30min | R420**

This is a relaxing massage concentrating on the back, neck and shoulder muscles.

Focus is placed on the neck, shoulders, both sides of the spine and lower back. Soft to medium pressure.

### **Indian Head Massage 30min | R420**

This massage is a relaxing holistic treatment that uses acupressure massage on the head, face & neck. Soft to medium pressure.

### **Pressure Point Foot Massage 45min | R560**

### **Pressure Point Foot Massage 30min | R420**

This massage is a therapeutic method of relieving pain & improving health throughout the entire body by stimulating pressure points in your feet. Soft to medium pressure.

# MASSAGE - ADD ON

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Add CBD Oil to any Treatment | **R130**

Add Hot Stones to Massage | **R100**

Add Back Scrub to Massage | **R120**

# FACIAL - THERAVINE

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## **UltraVine Advanced Anti-Ageing Gold Facial 90min | R1 050**

Using TheraVine™'s breakthrough anti-oxidant technology, this anti-ageing concept along with the revolutionary soft 24K gold & diamond dust collagen film mask, promotes the skin's DNA repair system while luxuriously soft & delicately scented creams, serums & balms transport your skin to an advanced state of renewal.

## **De-Polluting Radiance Repair Facial 60min | R800**

Addresses the detrimental assault of daily exposure to pollution while expertly helping detoxify any skin type. Implementing a deep cleansing exfoliation by using a Lactic Acid 20% peel & the purifying properties of a charcoal clay mask, the skin is rid of built up toxins after which the revolutionary De-Polluting Radiance Souffle Mask restores & replenishes the skin's natural well-being for skin feeling soft & smooth with a rejuvenated glow.

### **TheraVine Balancing Facial 60min | R790**

A deep-cleansing facial to gently remove surface impurities using a customised purifying mask while specially selected aromatic botanicals restore balance to the skin.

### **HydraVine Facial 60min | R790**

A revolutionary cloth mask containing Hyaluronic Acid intensely moisturises the skin and locks in active ingredients for up to 3 weeks - perfect for very dry, sensitive skin needing intense hydration.

### **TheraVine Men Active Daily Facial 60min | R790**

3 key fundamentals: cleanse, hydrate and revitalise help restore freshness and clarity whilst leaving the skin comfortably soothed.

### **TheraVine Appetizer Facial 30min | R550**

An express Vinetherapy facial boost experience customized to your specific skin concerns.

### **TheraVine Timecare Eye Treatment 30min | R440**

An intensive treatment for fine lines and easing of deeper wrinkles leaving the eyes rejuvenated.



# FACIAL - THALGO

## **Thalgo Silicium Super Lift Facial 75min | R2 240**

Smooth, Fill and Lift: This treatment excels in correcting loss of firmness & smoothing deep lines.

## **Thalgo Brightening Lumiere Marine Facial 60min | R2 060**

A brightening and rejuvenating treatment that lightens the skin & improves pigmentation.

Skin will appear visibly younger with renewed radiance & an even tone.

## **Thalgo Source Marine Hydrating Facial 60min | R1 120**

This facial corrects the hydration levels of the skin, deeply replenishing & restoring the skin's velvety smooth feel & radiance. This treatment includes a revitalizing Infusion Mask.

## **Thalgo Ocea Men's Facial 60min | R1 200**

Whether your concern is dehydration, dryness, sensitivity or oiliness, this treatment provides a tailored solution for the male skin. Treatment includes a relaxing massage, leaving the skin revitalised & perfectly balanced.



# NAILS

Deluxe Spa Pedicure 60min | **R500**

Deluxe Spa Manicure 60min | **R470**

Express Pedicure 30min | **R330**

Express Manicure 30min | **R330**

Nail Care & Gelish 45min | **R320**

Tips & Gelish 45min | **R350**

Soak Off Gelish 30min | **R120**

Soak Off Acrylic/Gel 60min | **R200**

Revarnish Hands or Feet 30min | **R240**

Paraffin Dip Hands or Feet 15min | **R140**

Heel Peel Treatment Add On 20min | **R140**





# WAXING

Lip or Chin or Brow Wax 15min | **R140**

Underarms or Sides of Face Wax 20min | **R200**

Full Face Wax 30min | **R340**

Bikini Wax or Half Arm Wax 25min | **R200**

Brazilian Wax 40min | **R340**

Hollywood Wax 45min | **R400**

Half Leg Wax or Full Arm Wax 30min | **R300**

Full Leg Wax 45min | **R450**

Back or Chest Wax 45min | **R390**

Back & Chest Wax 60min | **R450**



# TINTING

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Tint Lash & Brow 30min | **R210**

Tint Lashes 25min | **R160**

Tint Brows 15min | **R130**

# BODY TREATMENTS

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## **Salt Glow Body Exfoliation 30min | R330**

This luxurious fruit-infused body treatment improves the skin's texture leaving it smooth & radiant.

## **HumanKind Nourishing Body Wrap 60min | R570**

This Boabab, Marula & Shea Butter body wrap moisturizes & nourishes leaving the skin soft & supple.

## **HumanKind Slimming Body Wrap 60min | R590**

Assists the body to release toxins while stimulating the metabolism.

# HYDROTHERAPY

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**Detoxifying Hydrobath 30min per person | R680**

**Detoxifying Hydrobath 30min per couple | R790**

A warm bath soak helps the body detox, remineralise and break down lactic acid.

**Relaxing Lavender Hydrobath 30min per person | R330**

**Relaxing Lavender Hydrobath 30min per couple | R440**

This luxurious lavender infused bath will calm & de-stress the mind and relax tense muscles.



# PACKAGES

## **San Lameer Personalised Experience 2hr 30min | R1 490**

Build your own Spa Package selecting from the below list of treatments.

Please note that there is a 90 minute limit to massage selections.

### **30 Minute Options:**

Back, Neck & Shoulder Massage

Indian Head Massage

Pressure Point Foot Massage

Salt Glow Body Exfoliation

Express Manicure

Express Pedicure

### **60 Minute Options:**

Swedish Body Massage

Aromatherapy Body Massage

HydraVine Facial

Deluxe Spa Pedicure



# PACKAGES

## San Lameer Personalised Experience 3hr 30min | R2 000

Build your own Spa Package selecting from the below list of treatments.

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### 30 Minute Options:

Back, Neck & Shoulder Massage

Indian Head Massage

Pressure Point Foot Massage

Salt Glow Body Exfoliation

Express Manicure

Express Pedicure

### 60 Minute Options:

Swedish Body Massage

Aromatherapy Body Massage

HydraVine Facial

Deluxe Spa Pedicure



**Bride To Be Package 2hr 30min | R1 750**

Salt Glow Body Exfoliation 30 min

Hot Stone Massage 60 min

HydraVine Facial 60 min

**Groom To Be Package 2hr 30min | R1 750**

Salt Glow Body Exfoliation 30 min

Hot Stone Massage 60 min

TheraVine Men Active Daily Facial 60 min

**Gentleman's Exclusive Package 2hr 30min | R1 200**

Deep Tissue or Hot Stone Massage 60 min

Indian Head or Pressure Point Foot Massage 30 min

TheraVine Men Active Daily Facial 60 min

**Mother To Be Package 2hr 30min | R1 200**

Pregnancy Massage 60 min

Deluxe Spa Pedicure 60 min

Express Manicure 30 min

**Spa Appetizer 60min | R760**

Back, Neck & Shoulder Massage 30 min

TheraVine Appetizer Facial 30 min



# KIDS (6 TO 12)

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Mini Full Body Massage 30min | **R330**

Head & Foot Massage 30min | **R390**

Mini Facial 30min | **R390**

Mini Manicure 30min | **R290**

Mini Pedicure 30min | **R290**

Jazzy Nails Hands & Feet 30min | **R330**





LAGOON  
DAY SPA & WELLNESS CENTRE

*KZN South Coast's flagship spa situated on the San Lameer Lagoon*

For enquiries and bookings please contact [spa@sanlameerhotel.com](mailto:spa@sanlameerhotel.com) or call us on 039 313 0011.

San Lameer Estate, R61 Lower South Coast Road Southbroom KZN.

