

# Price List



Tel: 044 873 4513 | Cell: 072 227 5969

www.sanguinewellness.co.za

## BODY THERAPY

BACK MASSAGE	R200	25MIN
BACK & SCALP MASSAGE	R250	40MIN
RECHARGE BACK & FOOT MASSAGE	R270	50MIN
BACK MASSAGE WITH INFRA-RED LIGHT	R270	40MIN
<i>Deep muscle relaxation</i>		
FULL BODY MASSAGE 60	R330	55MIN
FULL BODY MASSAGE 90	R410	85MIN
DEEP TISSUE MASSAGE	R470	65MIN
HOT STONE MASSAGE	R360	70MIN
HAWAIIAN MASSAGE	R360	70MIN
AFRICAN RUNGU MASSAGE	R360	70MIN
KINESTHETICS MASSAGE	R430	85MIN
<i>Deep yet relaxing massage to improve deep seated tension in muscles and joints</i>		
CANDLE MASSAGE	R430	85MIN
<i>Foot ritual and back massage with hair and scalp treatment</i>		
MANUAL LYMPH DRAINAGE	R430	85MIN
<i>Soft skin massage to aid lymphatic flow</i>		
MOM-TO-BE FULL BODY MASSAGE	R340	55MIN
<i>Unique supporting pillow and massage butter safe for mom and baby</i>		
REFLEXOLOGY	R250	40MIN
BACK STRESS RELIEF	R340	55MIN
<i>Scrub, Massage, Mask &amp; Scalp Massage</i>		
HAIR AND SCALP TREATMENT	R250	40MIN
<i>Massage of upper body and scalp with hair care</i>		
BODY GLOW EXFOLIATION	R210	25MIN
BODY & GLOW COCOON	R340	55MIN
<i>Full body Scrub and Wrap</i>		
BODY SLIMMING	R330	55MIN
<i>Muscle firming and toning</i>		
G5 SLIMMING	R250	40MIN
<i>Vibratory stimulation of cellulite areas</i>		

## MAKEUP

TRIAL MAKE-UP/ ON-THE-DAY MAKE-UP	R800	90MIN
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## MEN'S CORNER

NAIL TIDY HANDS OR FEET	R180	30MIN
UNIBROW WAX	R60	15MIN
NOSE OR EAR WAX	R60	15MIN
3/4 ATHLETE'S LEG WAX	R280	45MIN
BACK OR STOMACH WAX	R210	45MIN

<b>RASUL STEAM CHAMBER</b>	R150	25MIN
<i>Self-indulgent body scrub and body mud application in a heated steam room followed by rain showers + R10 extra pp</i>		

## ESSE SKIN THERAPY

SKIN ANALYSIS WITH WOOD LAMP	FREE	10MIN
BLACK LIGHT		
APPETIZER EXPRESS	R250	40MIN
<i>Mini Facial with Skin Analysis</i>		
GENTLE	R355	55MIN
<i>For reactive skin</i>		
HYDRATING FACIAL	R405	55MIN
<i>Hydrating Facial for all Skin Types</i>		
BRIGHTENING FACIAL	R405	55MIN
<i>For uneven skin tone &amp; hyperpigmentation</i>		
CLARIFYING	R405	55MIN
<i>For breakout prone with excess sebum</i>		
INTENSITY	R405	55MIN
<i>For expression lines &amp; wrinkles</i>		
FACIAL WITH HIGH FREQUENCY	R460	70MIN
<i>Reduce oiliness</i>		
FACIAL WITH MICROCURRENT	R460	70MIN
<i>Improves hydration and fine lines</i>		
FACIAL WITH COLD MARBLE STONES	R460	70MIN
<i>Improves fatigue, large pores and sensitive skin</i>		
FACIAL WITH INFRA-RED HOT OIL MASK	R460	70MIN
<i>Boosts sluggish, dry skin</i>		
POSITIVE AGEING ESSE FACIAL	R570	85MIN
<i>For ageing skin</i>		

## ADVANCED SKIN TREATMENTS

PEN NEEDLING	R520	70MIN
<i>Advanced treatment for anti-ageing, rejuvenation and texture</i>		
PEN NEEDLING EYES OR LIPS OR FOREHEAD	R400	40MIN
DERMAPLANING	R295	55MIN
CHEMICAL PEEL GLYCOLIC ACID	R250	40MIN
CHEMICAL PEEL ARGININE	R250	40MIN
CHEMICAL PEEL JESS+	R300	40MIN
CHEMICAL PEEL TCA	R350	40MIN

## HAIR REMOVAL

FULL LEG WAX	R280	45MIN
¾ LEG WAX	R210	30MIN
ARM WAXING	R200	30MIN
BIKINI WAX	R180	30MIN
UNDERARM WAXING	R180	20MIN
BRAZILLIAN BIKINI WAX	R250	45MIN
HOLLYWOOD BIKINI WAX	R310	60MIN
FACIAL WAX - CHIN OR LIP OR BROW	R60	20MIN

<b>JACUZZI</b>	R200	40MIN
<i>Hot tub session up to 4 people</i>		

PLATTERS, LIGHT LUNCHES AND VARIOUS DRINKS ARE AVAILABLE

## ADDITIONAL

TINTING OF LASHES OR BROWS	R60	15MIN
EYELASH EXTENSIONS	R400	90MIN
EYELASH CURLING	R350	60MIN
<i>Includes a complimentary lash tint</i>		

## HANDS & FEET

NAIL TIDY	R180	25MIN
<i>File, cuticles, massage and shine</i>		
HAND RITUAL	R180	25MIN
<i>Scrub, Soak and Massage of Hand and Lower Arm</i>		
FOOT READY	R180	25MIN
<i>Hard skin removal and massage</i>		
FOOT RITUAL	R180	25MIN
<i>Scrub, Soak and Massage of Foot and Lower Leg</i>		
MINI MANICURE	R180	25MIN
<i>Cuticle care, filing, cream application and nail polish</i>		
SPA MANICURE HAND TREATMENT	R230	25MIN
SPA PEDICURE FOOT TREATMENT	R230	55MIN
BLISSFUL FEET PEDICURE	R410	85MIN
<i>Paraffin Wax, Renew Callus Treatment and 20min Back Massage</i>		
PARAFFIN WAX TREATMENT Add on R120	R120	20MIN
RENEW CALLUS TREATMENT Add on R120	R120	20MIN
CALLUS TREATMENT	R250	40MIN
<i>Including back massage</i>		
GEL-IT OVERLAY	R300	75MIN
GEL-IT FILL- IN	R200	60MIN
GEL OVERLAY AND SPA PEDICURE	R480	85MIN
SOAK OFF AND SHINE	R120	30MIN

## GIFT VOUCHERS ARE AVAILABLE

Spoil someone special with a treatment they desire. The envelope will be embellished and elegantly presented.

## OPENING TIMES

Monday	9am – 5pm	Friday	9am – 5pm
Tuesday	9am – 7pm	Saturday	9am – 3pm
Wednesday	9am – 5pm	Sunday	Closed
Thursday	9am – 7pm	Public holidays	9am – 1pm

## SPA ETIQUETTE

Arrive 10min before the start of your treatment. Cancel your booking the previous day if unable to attend. Bring your swimwear along if you have body treatments booked. Be sure to mention any preferences or concerns you have. This is your special time booked so be sure to switch off your cellphone.

## PAYMENT METHODS

Cash, card or pre-arranged electronic transfers are welcome.

ALL PRICES INCLUDES VAT.