MASSAGE THERAPIES

AFRICAN SCALP MASSAGE — **30 MIN | R225**

AFRICAN LEG & FOOT MASSAGE — **30 MIN | R275**

SHAMWARI DREAM — **30 MIN | R300**
Back, Neck & Shoulder Massage — **45 MIN | R450**

SHAMWARI WHISPER — **60 MIN | R500**
Full Body Aromatherapy Massage

SHAMWARI DELIGHT — **50 MIN | R550**
Stress Buster – Back, Scalp & Foot Massage

SHAMWARI ENERGY — **60 MIN | R600**
Deep Tissue Massage

SHAMWARI WARMTH — **60 MIN | R700**
Hot Stone Massage

FACIAL THERAPIES

POWER BOOST FACE RITUAL — **30 MIN | R300**

NOURISHING FACE RITUAL — **60 MIN | R475**
A balancing and hydrating face treatment using PURE African botanicals.

ULTIMATE HEALING FACE RITUAL — **90 MIN | R700**
A customised face treatment targeting all your skins needs with ingredients from Mother Nature…

SPECIALIZED TREATMENTS

HEALING EARTH BODY POLISH — **30 MIN | R350**
Full body scrub

HEALING EARTH WRAP — **50 MIN | R500**
Full body scrub and wrap

HEALING EARTH FULL BODY BLISS — **100 MIN | R975**
Full body scrub, wrap and massage

SIGNATURE CEREMONY

Starting with a full body massage followed by a specialized Ultimate Face Ritual and ending in a choice between a hand or foot ritual.

2 ½ HRS | R1200
Add hands & feet — **3 ½ HRS | R1500**

Your African relaxation journey

HAND AND FOOT RITUALS

Intensely hydrating and nourishing hand and foot treatments leaving your skin smooth & revitalized.

Hands	R250
Feet	R300
Twice - as -Nice	R510

ENHANCEMENTS

Add French Hands or Feet	R70
Polish Change to Hands/ Feet	R100

FINISHING TOUCHES

Eye Brow (Tweezing)	R30
Eye Brow Tint	R30
Eye Lash Tint	R50

Waxing available on request at Long Lee Manor and Bayethe retreats.