

LA BONNE AUBERGE

Guest House



Beauty & Spa Menu

WELLNESS - TIME-OUT

A moment of touch - is the immersion and arrival in the "now and here"

To accept the human body and from it individual

*at La Bonne Beauty & Spa, it is important to us to develop ways to achieve well-being
relaxation, lightness and harmony - means deep inner peace and balance.*

*Together with you, it is our pleasure to share your personal wishes and
to be allowed to enrich needs individually.*

Inspiration, relaxation and tranquility, moments of well-being, pampering

*In the following we present our Beauty & Spa Menu. Selected combination packages for
you,*

which give you the opportunity to fully focus on your personal SPA experience.

SPA packages and treatments,

which can be individually and appropriately supplemented on request.

*The Wunder Spa opens up in ease and provides the perfect foundation
for your holistically effective break.*

MASSAGES:

- **SWEDISH FULL BODY MASSAGE**

Price

60Min R900

90Min R1100

A medium to firm pressure massage which incorporates all different massage techniques. Treat yourself to an hour of bliss and come out feeling relaxed and rejuvenated.

- **DEEP TISSUE MASSAGE**

60Min R950

90Min R1200

A deep to firm pressure massage, great for muscle strains and sport injuries. Helps to work out knots for stressed over worked muscles.

	<u>Price</u>
● AROMATHERAPY MASSAGE	60Min R950
A light to medium pressure massage with an essential oil best suited to your needs which help with mindfulness and promotes relaxation.	90 Min R1200

Choose from our different aromatherapy oils:

Peppermint – Used to calm spasms and muscle cramps. Great for headaches.

Sweet Orange- Mood Lifter that helps reduce stress. Reduces pain and inflammation.

Lavender-Calms nerves, helps with insomnia and improves emotions. A very calming effect.

Tea Tree- A refreshing scent with cleansing properties. Helps with anti-inflammatory conditions and balances the body.

Eucalyptus- Helps makes breathing easier with calming and relaxing effect.

Rose- Decreases anxiety and stress, with antibacterial properties.

Ylang Ylang- Soothing and uplifting properties, great for skin that is dry as it also helps hydrate the skin

- 
- | | <u>Price</u> |
|--|--------------|
| • BACK AND NECK MASSAGE | 30Min R450 |
| <i>A medium to firm pressure concentrating on your back, neck and arms.</i> | 45Min R600 |
| • LEG AND FOOT MASSAGE | 30Min R450 |
| <i>Walk away feeling like you are walking on air. Concentrating on your lower legs, feet and calves</i> | 45Min R600 |
| • SCALP MASSAGE | 30Min R450 |
| <i>A treatment that is excellent for relieving stress and tension headaches. Improves blood circulation to your head and neck.</i> | 45Min R600 |

Price

FACIALS:

45-minute Hydrating Express Cleanse

R550

This 45-minute express Facial includes a skin analysis, exfoliation and personalized mask. Perfect for all skin types

60 Minute Therapeutic Hydrating Facial

R680

60 minute Facial designed to make you feel nothing but relaxed, coming out with rejuvenated and hydrated skin. This treatment includes a skin analysis, exfoliation, personalized mask, and facial massage.

75 Min Classic Luxury Facial with Scalp Massage

R860

This 75-minute Facial is nothing but a spoil making you look and feel like a million dollars.

Includes a skin analysis, exfoliation, personalized mask and facial massage. Ending off this treatment with a divine head and scalp massage which is excellent to relieve any tension headaches and stress

Price

DAY PACKAGES:

45 MIN BACK MASSAGE AND EXPRESS PEDICURE

R880

FULL BODY EXFOLIATION AND 60 MIN FULL BODY MASSAGE,
EXPRESS MANICURE AND LUXURY PEDICURE

R2000

60 MINUTE AROMATHERAPY MASSAGE, 60 MINUTE
THERAPUTIC FACIAL LUXURY MANICURE AND PEDICURE

R2150

75 MINUTE CLASSIC FACIAL, 30 MINUTE BACK NECK AND
SHOULDER MASSAGE AND DELUXE PEDICURE

R1800

MANICURES AND PEDICURES

	<u>Price</u>
<ul style="list-style-type: none">● EXPRESS MANICURE A 30-minute treatment including cuticle, nail care, and exfoliation. With your choice of nail polish	R400
<ul style="list-style-type: none">● LUXURY MANICURE A 45-minute treatment including cuticle, nail care, and exfoliation Ending off with a relaxing hand and arm massage. With your choice of nail polish	R530
<ul style="list-style-type: none">● EXPRESS PEDICURE A 60-minute treatment including cuticle, nail and heel care with a foot soak and exfoliation. With your choice of nail polish	R510
<ul style="list-style-type: none">● LUXURY PEDICURE A 75-minute treatment including cuticle, nail and heel care. With a refreshing peppermint foot soak and exfoliation. Ending off with a relaxing foot and leg massage. With your choice of nail polish	R630
<ul style="list-style-type: none">- Add paraffin dip for	R150

	<u>Price</u>
● MENS MANICURE	R490
A 45-minute treatment including cuticle, nail care, and exfoliation. Ending off with a relaxing foot or hand massage.	
● MENS PEDICURE	R500
A 60-minute treatment including cuticle, nail and heel care. With a refreshing peppermint foot soak and exfoliation. Ending off with a relaxing foot and leg massage.	
● FILE AND PAINT	
A 20-minute express treatment with neatening, file and paint. With your choice of nail polish.	
- <i>Gel Soak off</i>	+ R150
- <i>Upgrade to French Paint</i>	+ R150
- <i>Upgrade to Gel</i>	+ R170

Price

TINTING

- | | |
|----------------------|------|
| • EYE LASH TINT | R150 |
| • BROW TINT | R120 |
| • LASH AND BROW TINT | R240 |
| • BROW SHAPE | R120 |
| • BROW WAY & TINT | R220 |

Price

WAXING

• FULL LEG	R380
• 3/4 LEG	R350
• HALF LEG	R320
• UNDERARM	R170
• BIKINI	R250
• FULL ARM	R290
• HALF ARM	R250
• LIP	R110
• CHIN	R150
• CHEEKS	R130
• BROW	R120
• LIP CHIN AND BROW	R320

MEN

• BACK WAX	R450
• CHEST WAX	R350
• STOMACH WAX	R380
• FULL LEG WAX	R440
• NOSE	R120
• EARS	R120

prices are subject to change without notice -© La Bonne Auberge Beauty & Spa 2-2025

