



# LA BONNE AUBERGE

Guest House



# Beauty & Spa Menu

## MASSAGES:

- **BODY SCRUB**

Price  
30Min R450

Eliminates rough skin patches, clogged pores and promotes cell renewal for a fresher complexion.

- **SWEDISH FULL BODY MASSAGE**

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.

- **AROMATHERAPY MASSAGE**

A light to medium pressure massage with an essential oil best suited to your needs which help with mindfulness and promotes relaxation.

Price

60 Min R950

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

## Price

**Sandal wood** - Woody, balsamic, and slightly sweet with a creamy, milky undertone. The fragrance is deep, soft, and long-lasting, making it ideal for relaxation. Sandalwood oil has a mood-lifting and balancing effect.

**Jasmin** - Intense, floral, sweetly exotic, and captivating. This sensual and warm fragrance, often with honey-like or slightly fruity-herbal notes, is strongly mood-lifting, anxiety-relieving, and calming. It promotes relaxation and self-confidence and is considered an aphrodisiac.

**Deep Ocean** - It combines fresh sea breeze, salty notes, and aquatic accords with green elements such as basil, cucumber, or geranium. It often has a cool, invigorating, and cleansing effect.

**Lemon** - A fruity and clear scent, like freshly cut lemon. It has an invigorating, revitalizing, and mood-lifting effect, combating fatigue.

- **BACK AND NECK MASSAGE**

A medium to firm pressure concentrating on your back, neck and arms.

Price

30Min R450

45Min R600

- **LEG AND FOOT MASSAGE**

Walk away feeling like you are walking on air. Concentrating on your lower legs, feet and calves

30Min R450

45Min R600

- **SCALP MASSAGE**

A treatment that is excellent for relieving stress and tension headaches. Improves blood circulation to your head and neck.

30Min R450

45Min R600

Price

## FACIALS:

### 45-minute Hydrating Express Cleanse

R580

This 30-minute express Facial includes a skin analysis, facial cleansing and a face mask. Ends off with a moisturizing face cream and a quick face massage. Quick and perfect for all skin types

### 60 Minute Therapeutic Hydrating Facial

R710

60 minute Facial designed to make you feel nothing - but relaxed. Coming out with rejuvenated and hydrated skin. This treatment includes a skin analysis, facial cleansing, facial scrub and a honey face mask. Ends off with a moisturizing aloe vera gel and a moisturizing day cream and a face massage. Relax and dream

### 75 Min Classic Luxury Facial with Scalp Massage

R890

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

Includes a skin analysis, facial cleansing, exfoliation facial scrub and a honey mask, aloe vera gel and a day cream, It includes a high – quality eye ampoule and a high – quality facial serum that visibly rejuvenates your skin. Ending off this treatment with a divine head and scalp massage. Let yourself be pampered

Price

## DAY PACKAGES:

45 MIN BACK MASSAGE AND EXPRESS PEDICURE

R960

FULL BODY SCRUB AND 60 MIN FULL BODY MASSAGE, EXPRESS

R2180

MANICURE AND LUXURY PEDICURE

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

R2640

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

R1800

## MANICURES AND PEDICURES

Price

- **EXPRESS MANICURE**

R400

A 30-minute treatment including cuticle, nail care, and exfoliation. With your choice of nail polish

- **LUXURY MANICURE**

R530

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

- **EXPRESS PEDICURE**

R510

A 60-minute treatment including cuticle, nail and heel care with a foot soak and exfoliation. With your choice of nail polish

- **LUXURY PEDICURE**

R630

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

- Add paraffin dip for

R150

Price

● **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.

R250

With your choice of nail polish.

- *Gel Soak off*

+ R150

- *Upgrade to French Paint*

+ R150

- *Upgrade to Gel*

+ R170

Price

## TINTING

• EYE LASH TINT	R150
• BROW TINT	R120
• LASH AND BROW TINT	R240
• BROW SHAPE	R120
• BROW WAX & TINT	R220

## 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

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- **Traditional Chinese Reflexology Massage** 45 Min. R650  
-Traditional reflexology is a, non-invasive complementary therapy that uses targeted pressure techniques on specific points of the feet, hands, or ears to stimulate corresponding bodily organs and systems.
  
- **Meridian Leg Massage** 30 Min. R400  
45 Min. R650  
-Meridian leg massage is a Traditional Chinese Medicine (TCM) technique that stimulates energy pathways (Qi) along the legs to relieve pain, improve circulation, and reduce stress.
  
- **Accupressure** 60 Min. R900  
-Acupressure is a non-invasive, Traditional Chinese Medicine technique using finger pressure on specific body points ("acupoints") to stimulate the flow of "Qi" (energy) along meridians, promoting self-healing, relaxation, and pain relief.
  
- **Lymphatic Drainage Massage** 60 Min. R900  
-Lymphatic drainage massage (MLD) is a gentle, specialized massage technique that manually moves lymphatic fluid to clear toxins, reduce swelling (lymphedema), boost immunity, and aid post-surgery recovery by directing fluid toward lymph nodes.
  
- **Sport Injury Massage** 60 Min. R950  
-Sports injury massage (rehabilitative sports massage) is a targeted therapy used to manage pain, reduce swelling, and restore mobility following athletic injuries.



## 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

