

LA BONNE AUBERGE

Guest House



Beauty & Spa Menu

MASSAGES:

- | | <u>Price</u> |
|---|---------------------------|
| <ul style="list-style-type: none">● BODY SCRUB <p>Eliminates rough skin patches, clogged pores and promotes cell renewal for a fresher complexion.</p> | 30Min R450 |
| <ul style="list-style-type: none">● SWEDISH FULL BODY MASSAGE <p>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.</p> | 60Min R900
90Min R1100 |
| <ul style="list-style-type: none">● DEEP TISSUE MASSAGE <p>A deep to firm pressure massage, great for muscle strains and sport injuries. Helps to work out knots for stressed over worked muscles.</p> | 60Min R950
90Min R1200 |

	<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

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.



	<u>Price</u>
<ul style="list-style-type: none">● BACK AND NECK MASSAGE	30Min R450
<i>A medium to firm pressure concentrating on your back, neck and arms.</i>	45Min R600
<ul style="list-style-type: none">● 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
<ul style="list-style-type: none">● 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

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
MANICURE AND LUXURY PEDICURE

R2180

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

	<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 |

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

