

## PRICE LIST

### SEPTEMBER 2021 – AUGUST 2022

Trading hours: Mondays to Fridays 9:00 – 18:00, Saturdays 8:00 – 17:00, Sundays & 24 - 27 Dec & 1 Jan closed.

## MASSAGES

**Massage Mondays** – Get 15% discount on all massages, every Monday. **A male masseuse** can be organised on request.

### 30 MINUTES

**R325**

**Reflexology** – is a therapeutic pressure point massage on the feet, to restore and balance the body's ability to heal itself.

**Scalp Massage** – is a relaxing scalp massage, to relieve sinus pain, migraines & headaches.

**Back, Neck & Shoulder Massage** – to relieve tense muscles in your neck, shoulder blades, upper, and lower back.

### 45 MINUTES

**R400**

**Indian Head Massage** – this vigorous scalp massage may relieve migraines or tension in the scalp.

**Back, Neck, Shoulder & Scalp Massage** – a relaxing back, neck, shoulder and scalp massage, to relieve stress.

**Hot Stone Back, Neck & Shoulder Massage** – warm, soothing basalt stones are used to soothe and calm tense muscles.

### 60 / 90 MINUTES

**R500 / R600**

**Swedish Full Body Massage** – emphasises long strokes, kneading, and friction motions to encourage blood circulation.

**Aromatherapy Massage** – a medium pressure massage using essential oils, aiding relaxation (avoid during pregnancy).

**Hot Stone Massage** – indulge in this warming, soothing, and calming massage with heated basalt stones.

**African Wood Deep Tissue Massage** – a deep tissue massage using African wood pieces, to treat deep seated tension.

**Kahuna Massage** – a rhythmic, medium to deep pressure massage using forearms, knuckles, elbows, and thumb pressure.

**Lymph Drainage** – a very light pressure massage to drain toxins and reduce water retention in the body.

### SLIMMING MASSAGE 45 / 60 MINUTES

**R450 / R550**

**Radio Frequency Body Contouring Massage** – tightens the skin, removes fat, and improves skin tone without any downtime. This pain free procedure reduces cellulite, boosts collagen production, and gets rid of fatty deposits.

**Manual Lymphatic Drainage** – is a gentle “draining” technique to eliminate toxins and reduce water retention in the body.

### ADD ONS

**Exfoliation** – applied on the Back, Neck and Shoulders, to remove dry dead skin cells.

**R100**

**Mud Mask** – applied on the Back, Neck and Shoulders, to detoxify and cleanse skin impurities.

**R100**

**Muscle Gel** – applied on painful muscle spasms, to help soothe muscle tension and eliminate toxins.

**R 25**

## HANDS & FEET

Cut & File	R 80	Gelish Soak Off/ Other Soak Off	R100/R150
Cut, File & Paint (with nail varnish)	R150	Gelish Application (instantly dry)	R330
<b>HANDS</b>		<b>FEET</b>	
<b>Express Manicure</b>	R175	<b>Express Pedicure</b>	R175
- Cut, file, cuticle work & paint		- Cut, file, hard skin removal & paint	
<b>Spa Manicure</b>	R275	<b>Spa Pedicure</b>	R330
- Cut, file, cuticle work, exfoliate, massage & paint		- Soak, exfoliate, hard skin removal, cuticle work, cut, file, massage & paint	
<b>Gelish Manicure</b>	R375	<b>Gelish Pedicure</b>	R440
- Gelish application, with exfoliation & relaxing hand massage		- Gelish application with hard skin removal, exfoliation & relaxing foot massage	
<b>Luxury Manicure</b>	R350	<b>Luxury Pedicure</b>	R400
- Spa Manicure with a luxurious warm paraffin mask		- Spa Pedicure with a luxurious warm paraffin mask	
<b>Spa Marine Deluxe Manicure</b>	R450	<b>Spa Marine Deluxe Pedicure</b>	R550
- Gelish Manicure with warm paraffin mask and 15min neck massage		- Spa Pedicure with Medi-Heel peel, paraffin mask & hot stone massage	
		- May exchange normal paint for Gelish, at an extra cost of R50	

## HAIR REMOVAL

**Waxing** - we use Depilève *hot wax* to remove unwanted hair on the face, underarms or bikini area. Depilève strip wax is used on the legs, arms, chest, and back. *Please notify your therapist if you are on any skin thinning medication, as a precaution before a wax.*

**Threading** is recommended for sensitive or reactive skin or on clients using Roaccutane or other skin thinning medication. We safely and effectively remove any facial hair with a cotton thread and powder. Threading cannot be done on the body, due to time limits.

**Permanent Hair Reduction** – Epilfree works in conjunction with a regular wax or thread routine and is applied post-epilation to the treated area. Hair will become finer and thinner with each session. Unlike laser, Epilfree works on all skin types and hair colours, and does not limit you to sun exposure, etc.

FACE	Wax/Thread	Epilfree	BODY	Wax	Epilfree
Upper Lip / Nose	R 90	R290	Underarms	R140	R390
Brows/ Ears	R 100	R300	Full Arms	R220	R470
Chin	R110	R310	Tummy Line	R110	R360
Cheeks	R140	R450	Standard Bikini	R195	R445
Full Face - lip, chin, cheeks, brows	R300	R850	Brazilian (deep bikini line)	R295	R545
			Hollywood (all off)	R385	R635
<b>EPILFREE PACKAGES</b> (per person – no sharing)			½ Back / ½ Chest	R240	R490
Buy 3 sessions & get 10% discount			Full Back / Chest	R295	R545
Buy 5 sessions & get 15% discount			½ Leg (including knee)	R250	R500
Buy 10 sessions & get 20% discount			¾ Leg	R300	R550
(Advance payment is needed to qualify for the above discounts)			Top of Leg	R250	R500
			Full Leg	R350	R600

## LASHES

### LASH LIFT/CURL

-Perms "straight, downturned natural lashes	R500
-May last up to 6 weeks	
-Includes lash & brow tint & brow wax	

### LASH TINT

R110

### LASH & EYEBROW TINT

R165

### INDIVIDUAL LASH EXTENSIONS

Full Set	R600
2 Week Lash Fill	R330
3 Week Lash Fill	R375
4 Week Lash Fill	R440
Lash Removal	R100

## EYEBROWS

<b>BROW WAX/THREAD &amp; SHAPING</b>	R 100	<b>BROW TINT</b>	R 90
<b>BROW LAMINATION</b> (launching soon) For fluffy, thicker looking eyebrows Includes brow shape & tint	R 350	<b>HENNA BROWS</b> (launching soon) Stains the skin and hair for longer Includes brow shape	R 350

## MAKE-UP & HAIRSTYLING

<b>BRIDAL</b>		<b>SPECIAL OCCASION</b>	
Make-up & Trial – incl. brow shape, lashes & touchup bag	R1500	Make-up – incl. brow shape & lashes	R550
Hair Styling & Trial	R1000	Hair Styling – up styles, messy buns, curls, etc.	R400+
<b>MOTHER OF THE BRIDE/GROOM</b>		<b>ARTISTIC MAKEUP</b>	
Make-up – incl. brow shape & lashes	R 550	Themed Make-up & Hairstyling – animated, etc..	R950+
Hairstyling – blow dry, curls, upstyles, etc.	R 400	<b>PERSONALISED MAKEUP LESSON</b> – 2 ½ hrs	R1250
<b>BRIDESMAIDS</b>		<b>GROUP LESSON</b> (minimum 4, maximum 8 people – 2hrs)	R400pp
Make-up – incl. brow shape (no lashes)	R 450	<b>Travel fee</b> (outside of Helderberg area) R5/km	
Hair Styling – loose curls/different types of plaits	R 350		

## SEMI-PERMANENT MAKEUP

<b>EYEBROWS</b>	<b>First Session</b>	<b>Touch-up</b>	<b>EYELINERS</b>	<b>First Session</b>	<b>Touch-up</b>
Microblading – Hair strokes	R1300	R 880	Bottom	R 900	R 750
Powder Brows – Shading	R1300	R 935	Top	R1200	R 900
Hybrid – Microblading & Shading combo	R1500	R1200	Top & Bottom	R1500	R1200
<b>LIPS</b>	<b>First Session</b>	<b>Touch-up</b>	- Please avoid blood thinning medication 1 week prior to your appointment		
Full Lips	R1750	R1250	- Do not stop your chronic medication without your doctor's consent		
Lip Liner	R1200	R 900	- 2 sessions, 6 weeks apart, is necessary to complete the process, for best results		

## FIBROBLASTING

The Plasma Pen procedure tightens, resurfaces, and regenerates practically any area of the skin. It is suitable for loose skin, fine lines, and wrinkles, scars, skin tags, moles, and pigmentation. Not recommended for pregnant clients or Fitzpatrick skin type 4-7 (due to the risk of hypopigmentation). It delivers similar results as cosmetic surgery without the risk, cost or recovery time. It is non-invasive and pain is minimal. A numbing agent is applied for the client's comfort, and the entire procedure lasts approximately 30 – 90 minutes, depending on the area to be treated. As the plasma flash comes into contact with the skin, it leaves a tiny dot on the skin's surface, referred to as "carbon crusts", which gives an immediate tightening effect to the surrounding skin. They are quite small and will usually fall off within 10 days after the treatment, revealing new, pink skin beneath. Most clients will notice some swelling and tenderness for about 5 - 7 days post treatment, particularly around the eyelids as they are most sensitive.

Upper Eyelids	R1250	Frown Lines	R 750
Under Eyelids	R1250	Forehead Lines	R1200
Top & Bottom Eyelids	R2000	Full Forehead	R1500
Crow's Feet (expression lines)	R1200	Nasal Labial Folds	R 1200
Upper Lip	R 850	Cheeks	R1800
Chin	R1200	Full Face	R2500
Full Mouth Area	R2000	Neck	R1950
<b>Skin Tag Removal</b>	<b>R 300+</b>	<b>Mole Removal</b>	<b>R 350+</b>
Per extra tag	R 35	Per extra mole	R 75

## SKIN NEEDLING

Skin needling stimulates the production of new collagen in the skin by puncturing the dermis with microscopic needles. The treatment utilises the skin's ability to heal itself. In addition to treating enlarged pores, fine wrinkles, loss of elasticity, minor scarring (including acne scarring), and sun damage, it also enables topical products to penetrate deeper into the skin, increasing their effectiveness. Skin needling is suitable for all skin types (except active acne). Numbing cream will be applied 20-30 minutes prior to your treatment.

### FACE

Full Face	R1100
Full Face & Neck	R1300
Full Face, Neck & Décolleté	R1500

### BODY (for stretch marks, skin tightening & scars)

Upper Arms/Lower Arms	R1400
Abdomen/Lower Back/Love Handles	R1500
Thighs	R1750

## ADVANCED FACIALS & SKIN PEELS

### Skin Analysis

**20min R150**

Let us examine your skin through a magnifying lamp, to identify your skin type and prescribe a personalised at-home regime, as well as provide you with a treatment plan to achieve your skin goals. Get your skin analysis free of charge, with the purchase of 2 or more products.

### Our Skin Ranges

Both our skin ranges, Environ and Regim A, are proudly South African and therefore cost effective. It does not contain any fragrances or colourants, which may cause a reaction in sensitive skin. We do not support animal testing and we believe in long-term results. Environ has been developed by a plastic surgeon and Regim A by a dermatologist.

### ENVIRON

The DF Machine combines low frequency Sonophoresis (sound waves) and pulsed Iontophoresis (electric current) to increase product absorption by up to 70% into the skin, compared to other manual facials. See an instant glow on your skin!

#### FOCUS Treatment (machine treatment)

**30min R350**

This treatment with electro-sonic current focuses on expression lines around the eyes, forehead, frown or lip lines.

#### ESSENTIAL Vitamin Touch Facial (manual treatment)

**60min R550**

This relaxing facial includes a cleanse, exfoliation with steam & extractions, face & neck massage, mask & scalp massage.

#### ULTIMATE DF Facial Machine Facial (manual & machine treatment)

**90min R850**

Sonophoresis & Iontophoresis are combined with your Essential Vitamin Touch Facial, for best skin results!

### REGIM A

Regim A uses natural fruit acids to deeply exfoliate dry, dead layers of skin. It improves uneven skin texture, blemishes, scarring, pigmentation, acne and premature ageing.

#### Instant Radiance Facial

**60min R550**

Moisturising facial for dry and dehydrated skin

#### Teenager Deep Cleanse

**60min R450**

For congested, problematic teenager skin

#### Skin Peels

**45min+**

Initiation Peel (first time peel client)	R420
Rapid Rejuvenating Peel (for premature aging)	R500
Acne Attack Peel (for active acne only)	R500
30% Power Peel (for ageing skin/pigmentation)	R530
50% Power Peel (for pigmentation/uneven skin texture)	R670
Double Impact Peel (for "rough & tough" skin)	R935

#### Facials with Peels

**75min**

Initiation Facial	R520
Rapid Rejuvenating Facial	R600
Acne Decongesting Facial	R600
30% Deluxe Facial	R700
50% Deluxe Facial	R750

## Dermaplaning

45min R250

Dermaplaning is a procedure where an aesthetician uses a scalpel to carefully exfoliate the outer layers of dead skin. It gets rid of dirt and vellus hair (also known as “peach fuzz”), to promote deeper product penetration, making the skin look and feel smoother.

## Radio Frequency Firming Massage

30min R350

Radio Frequency therapy uses low energy radiation to heat the deep layers of your skin called the dermis. This heat stimulates the production of collagen to help improve signs of wrinkles and sagging skin.

\***Botox and Filler** injections can be arranged with a medical doctor, on request.

# TEETH WHITENING

## PURE SMILE ORGANIC TEETH WHITENING

45min R 850

- 100% Natural, painless, and affordable teeth whitening. This self-administered treatment, in combination with our LED light, may lighten teeth by 1- 4 shades (on natural enamel only – it will not lighten synthetic fillings/teeth).

# SPA PACKAGES

### MOTHER TO BE

2 ½ HRS R 800

- 60 minute Full Body Massage
- Spa Pedicure & Express Manicure

### SPA MARINE MAKE-OVER

4 ½ HRS R1800

- 30 minute Back, Neck & Shoulder Massage
- Instant Radiance Facial
- Brow Wax & Tint
- Express Manicure & Express Pedicure
- Full Set Lash Extensions or Lash Lift

### BRIDE & CO PACKAGE

R5 500

#### 1 month prior to wedding:

- Bridal Make-up & Hair Styling Trial

#### 1 week prior to wedding (for the Bride only):

- Lash & Brow Tint & Brow Wax/Thread

- Gelish Manicure

- Gelish Pedicure

#### On the wedding day:

- Bridal Hairstyling

- Bridal Make-up with Lashes & touchup bag

- 2 x Bridesmaid Make-up & Hairstyling

- 1 x Mother of the Bride Make-up & Hairstyling

(Travelling cost at an additional fee)

### TRANQUILITY

1HR

R 550

- 30 minute Back, Neck & Shoulder Massage
- 30 minute Reflexology on the feet

### 10 YEARS YOUNGER

R5 500

Session 1: Plasmappen on target areas (face)

Session 2: Regim A Skin Peel

Session 3: Skin Needling on Face & Neck

Session 4: Plasmappen on target areas

Session 5: Dermaplaning & Skin Needling

### SPA SPLENDOUR

2HRS

R 950

- 30 minute Express Manicure

- 30 minute Express Pedicure

- 30 minute Express Facial

- 30 minute Massage

### PORTFOLIO

3HRS

R2500

- Brow Wax/Shape

- Make-up Application with Lashes

- Hair Styling

- 30 minute Photoshoot

## GUIDELINES

- Bookings in advance are recommended (especially during busy periods where we might have limited availability).
- Please arrive 10 minutes prior to your scheduled treatment time to complete a client card and enjoy refreshments.
- In spirit of mutual respect, we kindly request punctuality.
- Please ensure that your mobile phone is switched off or on silent during your visit to the salon.
- Late arrivals will result in a reduction of treatment time, whilst the full treatment fee will apply.
- We regret that “no shows” will be requested to pay the full amount for the treatments booked.
- Treatments of 2 hours or longer, as well as group bookings, will be charged a non refundable booking fee.
- Regrettably children under the age of 12 years (unless they are receiving a treatment) cannot be accommodated as their behavior is often disruptive.
- If you are feeling ill or experience flu like symptoms, please give us advanced notice to reschedule.
- Remember to always wear your mask before entering our premises.
- Spa Marine Wellness & Make-Over Centre is not responsible for any theft, damage, loss or misfortune that may occur.
- All prices are VAT inclusive and are subject to change without notice.
- Disclaimer – terms and conditions are subject to change.

## CANCELLATION POLICY

- 24 Hour notice is required for cancellations and rescheduling. Failing this, 50% of the treatment fee will be charged with your next treatment.

## DISCOUNTS

- **Loyalty Card** – Regular clients will be rewarded with a loyalty card, which gives an average amount spent back in treatments, after 11 visits to the salon. Already discounted treatments or product purchases cannot be used on the Loyalty Card.
- **Pensioners Card** – Pensioners will get the loyalty card benefits plus a further 10% discount on all treatments, on Tuesdays and Wednesdays only. Already discounted treatments or product purchases cannot be used on the Pensioners Card.
- **Birthdays** – Upon presentation of your ID, you will get a 20 % discount on all your treatments (except on already discounted Spa Packages) done within your birthday week.

## GIFT VOUCHERS

A gift voucher (of any amount) makes the perfect gift for any occasion (whether it is for a birthday, anniversary or a corporate function) and is valid for 3 years from the date of issue.

## CONTACT US

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