



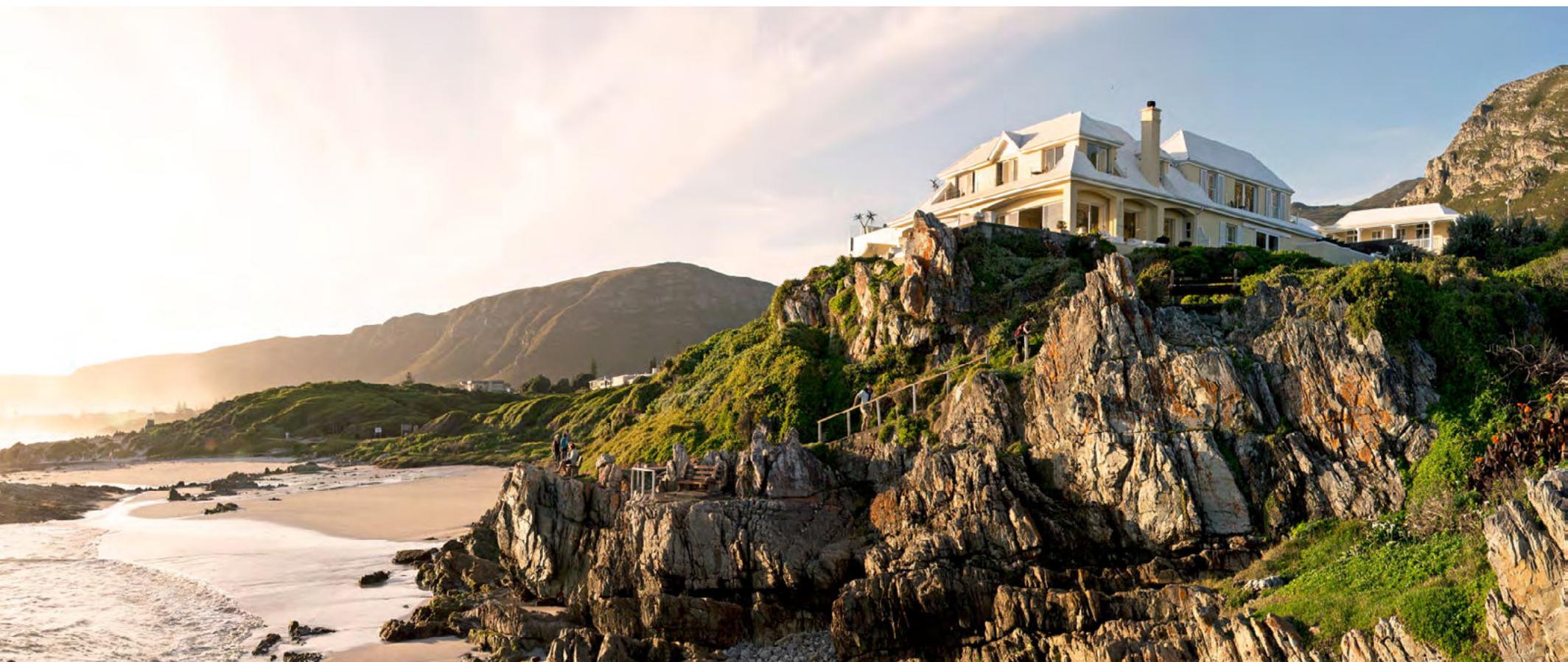
THE ROYAL PORTFOLIO

# BIRKENHEAD HOUSE

*Hermanus*



SPA MENU



## MASSAGE THERAPY

<p><b>KHOI-KHOI ESCAPE BACK AND NECK MASSAGE</b> This massage helps to relieve tension from head, neck and shoulders leaving you relaxed and de-stressed.</p>	<p>45 650</p>	<p>min zar</p>	<p><b>FIVE OF THE BEST MASSAGE</b> A combination of Swedish, Aromatherapy, Hot Stone, Rungu and Bamboo Massage to relieve tense muscles by providing drainage and relaxation.</p>	<p>90 1250</p>	<p>min zar</p>
<p><b>AROMATHERAPY MASSAGE</b> Aromatherapy combines the use of pure and natural essential oils with healing therapeutic strokes to bring balance to the body, mind and spirit.</p>	<p>60   90 800   950</p>	<p>min zar</p>	<p><b>BELLABACI MASSAGE</b> A massage that will improve elasticity in the skin and muscles by creating negative pressure and drawing blood to the area. Bellabacci Massage helps stimulate your metabolism and dermal respiration.</p>	<p>60 950</p>	<p>min zar</p>
<p><b>SWEDISH MASSAGE</b> A rejuvenating massage, which increases the oxygen flow in the blood by use of soft to medium pressure to induce an ultimate sense of wellbeing.</p>	<p>60   90 800   950</p>	<p>min zar</p>	<p><b>CANDLE MASSAGE</b> The soft textured oil produced from burning candles makes for a unique, warm-oil massage experience. The oil has a smooth, creamy texture and is rich in nourishing Vitamin E and Lecithin.</p>	<p>60 850</p>	<p>min zar</p>
<p><b>DEEP TISSUE MASSAGE</b> A deep pressure massage focusing on re-aligning deep layers of muscles and connective tissue for the relief of tension.</p>	<p>60   90 850   975</p>	<p>min zar</p>	<p><b>TRADITIONAL CHINESE MASSAGE</b> Tui Na massage is one of the most popular forms of Chinese massage in the modern world. It involves deep massage techniques that are applied over the whole body in many repetitions, especially the back. Tui Na massage is excellent for treating ailments such as chronic pains, musculoskeletal problems, sprains and strains, arthritis and problems with the digestive system, liver and spleen.</p>	<p>Price on request</p>	
<p><b>MOTHER TO BE MASSAGE</b> Relieves pain associated with back ache, leg cramp and swelling of the feet. This massage can be adapted according to the individual's trimester using specialised techniques.</p>	<p>60 850</p>	<p>min zar</p>			
<p><b>INDIAN HEAD MASSAGE</b> A detoxifying massage treatment of the head, scalp, face, neck and shoulders to release tension and restore balance.</p>	<p>45 700</p>	<p>min zar</p>			
<p><b>CALABASH FOOT TREATMENT</b> Sink into deep relaxation with our signature foot treatment that soothes tired, aching feet with authentic, sun-baked Kalahari Calabashes and indulgent aromatic fragrances.</p>	<p>30 600</p>	<p>min zar</p>			
<p><b>HOT STONE MASSAGE</b> This re-energising stone therapy massage creates a cleansing, harmonising and relaxing effect on your body.</p>	<p>60   90 900   1100</p>	<p>min zar</p>			
<p><b>REFLEXOLOGY</b> A therapeutic method of relieving pain by stimulating predefined pressure points on the feet. Promotes healing by stimulating the nerves in the body and encouraging blood flow.</p>	<p>45 800</p>	<p>min zar</p>			





## THALGO SKIN CARE THERAPY

DEEP CLEANSING FACIAL Energizing and rejuventaing facial to deeply cleanse and purify the skin.	45 700	min zar
HYDRA SOURCE FACIAL Suitable for any skin type, this facial featuring the absolute hydration range with the marine ingredient Seve Marine, will combat signs of dehydration leaving the skin softer with improved skin texture.	60 1200	min zar
THALGO HYALURONIC FACIAL This unique zone to zone anti-ageing treatment uses marine hyaluronic acid molecules for a plumping, wrinkle-filling effect, for controlled youthfulness and astounding results.	75 1600	min zar
THALGO SILICIUM FACIAL A luxury facial treatment which smoothes wrinkles and redefines facial contour, by assisting the face regain its original density and tone.	90 1950	min zar

## BODY RITUALS

TSAMA BODY WRAP Refresh and unwind with the delicate aroma of Tsama (indigenous Kalahari watermelon) and the infused fragrance of fresh, wild grasses. Deeply nourishing and ideal for dehydrated skin. (Full body exfoliation and wrap)	75 1100	min zar
DESERT GLOW BACK EXFOLIATION Unveil lustrously smooth skin with a personalised blend of Kalahari sand and hydrating and nourishing botanical oils. Buff away dry, dull skin and enjoy a gentle massage	45 750	min zar
ROLLING SANDS COCOON WRAP Experience complete relaxation with our signature full body massage. A botanical oil in combination with unique massage movements not only enhances skin tone but relieves skin tension. The Kalahari botanical clay mask is a unique mineral and botanical based body mask, which enhances gentle exfoliation and stimulates blood circulation.	90 1650	min zar

## FINISHING TOUCHES Tinting and Waxing

Lip   Chin   Brow Wax	150
Underarm Wax	200
Hollywood Wax	350
Back Wax	350
Half Chest Wax	250
Full Chest Wax	350
Half Leg Wax	200
Full Leg Wax	350
Full Arm Wax	200
Brow Tint	150
Lash Tint	250
Brow and Lash Tint	350

## GROOMING Pedicure & Manicure By Opi

Deluxe Manicure	60 min   500
Deluxe Pedicure	60 min   550
Gents Manicure	45 min   400
Gents Pedicure	45 min   450
Express Manicure or Pedicure	30 min   300
Gelish Manicure	60 min   550
Gelish Pedicure	60 min   600
Parrafin Dip	20 min   200
File & Paint	20 min   250
Soak Off & Nail Care	30 min   450

## SPA PACKAGES

REJUVENATING TREATMENT 45 min Hot Stone Massage or Aromatherapy 45 min Deep Cleansing facial	90 1100	min zar
MOTHER AND DAUGHTER PACKAGE 30 min Aromatic Candle Massage 30min Hydrating Facial 30 min Express Manicure or Pedicure	90 1100pp	min zar
CALABASH BODY PACKAGE 15 min Red Dune Exfoliation 30 min Desert Glow Cocoon Wrap 45 min Calabash Back Massage	90 1200	min zar

### SPA ESSENTIALS

Please alert your therapist of the following conditions:

- High blood pressure or heart conditions
- Recent surgery, muscle or joint injuries
- Allergy to iodine, or other products
- Pregnancy, epilepsy or diabetes

### CANCELLATION POLICY

48 Hours advance notice is required for cancellations and rescheduling, if this is not observed, 50% of the treatment fee will be charged.

Late arrival will result in a reduction of treatment time while the full treatment fee will apply.

