

# Menu of Services

## MENU OF SERVICES



### MASSAGE THERAPY

60/90 minutes

#### LYMPHATIC

**400/490**

A part of the immune system, the Lymphatic System is a network of vessels and organs that carries clear lymph liquid all around the body. The body uses this liquid to remove waste and toxins from the soft bodily tissues. A Lymph drain massage can assist in reducing swelling caused by the collection of lymph fluid. Causes of soft tissue swelling include injury, infection, cancer treatment, or surgery.

#### PERSONALISED

**550/690**

You are Unique! What was your day/week like? What hurts the most? Where is the tension? You have a swelling somewhere? We listen to you narrate what your body is feeling and craft a massage session that is Unique to You every time you visit Cleopatraz.

#### SPORTS

**550/650**

Focusing on the muscles, the sports massage is a good way to relieve tension, relax muscles and nerves thereby enhancing muscle performance, decrease chances of injury and recovery time between workouts.

#### SWEDISH

**450/590**

Swedish massage therapy is the most well-known and widely practiced for good reason: it focuses on muscle relaxation, targeting superficial muscles and increasing blood circulation, leaving you feeling relaxed and ready for your next goal.

## THAI

**450/590**

Thai massage employs stretching, pulling, and rocking techniques to relieve tension and enhance flexibility and range of motion. It can help reduce back pain, relieve muscle and joint pain/stiffness and stimulate circulation and lymphatic drainage.

## DESTRESS

**450/590**

As the name suggests, our therapists combine different massage techniques that are effective in combatting stress, with the goal of achieving optimal results based on each client's unique needs.

## SHOULDER & NECK

**250 | 30 MINS**

Short of time? This is 30-minute massage boosts the well-being of critical parts of your body: the neck and shoulders. It has the same benefits as the Swedish massage.



## ADD-ONS

Additional items to massage

### AROMA OIL

**60**

Added to your massage therapy of choice, aroma oils have physical and emotional benefits and selection is made to enhance your treatment. Some calm and relax while others energise; some enhance blood and/or lymph flow while others reduce muscle/joint pain and inflammation to name a few.

### HOT STONES

**120**

Hot stones are used to enhance the benefits of massage therapy. Heat has long been used to ease muscle tension and pain by increasing blood flow to the affected area. It may also reduce muscle spasms and increase flexibility and range of motion.

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\*ALL PRICES ARE IN ZAR



## FACIALS

### BIOMEDICAL FACIAL TREATMENTS

**TBA**

See our BioMedical Treatment menu for detailed specialized facial treatments and products.

### EXPRESS

**250**

Give your skin a new outlook in no time. Cleanse | Detox | Rejuvenate. This facial boosts the skin and is a great addition to your massage treatment.

### PERSONALIZED

**450**

You are Unique! There are a range of facial products each with different benefits; this facial is designed based on your current needs and condition to ensure the best outcome for your skin.



## GROOMING

Hands & feet

### BASIC MANI/PEDI

**250/350**

The work hard, treat them well! Scrub | Massage | Shine!

### EXPRESS PEDI

**150**

The walk hard, treat them well! Cleanse | Scrub | Massage!

### FOOT PEEL

**100**

Add a foot peel treatment for extra rejuvenation of your feet. Peel away the layers and step on new feet!

### GEL PAINT

**100**

Finish your mani/pedi with a fresh coat of colour!