

## menu

### foot massages

<b>refresh 20</b> (20 mins)	<b>R130</b>
<b>refresh 30</b> (30 mins)	<b>R180</b>
<b>refresh 45</b> (45 mins)	<b>R250</b>

revitalise your body with an express foot soak and foot massage.

### reflex

<b>reflex 45</b> (45 mins)	<b>R280</b>
<b>reflex 60</b> (60 mins)	<b>R350</b>

start your reflex session with a foot soak then let pressure point treatment increase your body's overall well being.

<b>recover</b> (45 mins)	<b>R250</b>
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tailored for athletes concentrating on feet, calves and legs.

### head & shoulder massages

<b>release 20</b> (20 mins)	<b>R130</b>
<b>release 30</b> (30 mins)	<b>R180</b>

a head and shoulder massage to de-stress.

### hand massages

<b>handrub</b> (15 mins)	<b>R80</b>
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a soothing hand massage to enjoy with your foot treatment.

## killarney mall

shop 56  
(between edgars and clicks)

011 486 3597

### combination massages

<b>recharge</b> (30 mins)	<b>R180</b>
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a foot soak and massage finished with a quick shoulder massage. an ideal boost for any time of the day.

<b>relax</b> (45 mins)	<b>R250</b>
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take time out with this foot soak and foot massage. finished with a shoulder massage for total relaxation.

<b>revive</b> (60 mins)	<b>R320</b>
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a foot soak and foot massage followed by a head and shoulder massage. pure indulgence for those with a bit more time.

<b>renew</b> (80 mins)	<b>R390</b>
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experience our signature foot soak, and exfoliation massage, combined with african pressure point. finished with a head and shoulder massage, to leave you feeling totally rejuvenated.

<b>full body massage</b> (45 mins)	<b>R 420</b>
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add the following to any treatment:

natural exfoliation (10 mins)	<b>R50</b>
foot maintenance	<b>R50</b>

## village walk

now open in village walk,  
shop U13 (opposite Europa)

011 783 4703