



AVALON
SPRINGS

HOT SPRINGS | MONTAGU | WESTERN CAPE



HEALTH SPA
MENU

BOOKING IS ESSENTIAL:

Tel: 023-6141150 ext. 421 | Email: healthspa@avalonsprings.co.za

MASSAGES

SWEDISH

Full body	60MIN	R550
Back, head, neck & feet	45MIN	R400
Back & neck	30MIN	R300

AROMATHERAPY

Full body	60MIN	R600
Back & neck	30MIN	R300

PREGNANCY (First and last Trimester not allowed)

Full body	60MIN	R600
Back & neck	30MIN	R300

HOT STONE

Full body	60MIN	R650
Back & neck	30MIN	R350

DEEP TISSUE

Full body	60MIN	R650
Back & neck	30MIN	R350

INDIAN HEAD

30MIN **R300**

FOOT MASSAGE

30MIN **R270**

WAXING

Full body wax	R850
Facial wax	R180
Full leg	R250
Half leg	R200
Under arm	R80
Half bikini	R160
Full bikini	R220
Full back	R250
Half back	R200
Full arm	R200
Half arm	R160

Lip/chin/cheeks/eyebrow	R60 each
Chest	R150
Abdomen	R200

TINTING

Eyebrow/eyelash tint	R80 each
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MANICURES & PEDICURES

Full manicure or pedicure	R300
French manicure or pedicure	R320
French paint	R120
Gel polish	R300
File buff & paint	R100
Deluxe manicure or pedicure (paraffin)	R390
Soak off hands or feet	R120

COMBOS

Body scrub/wrap & massage	2HRS	R950
Body scrub & massage	1HR30MIN	R700
Body scrub	30MIN	R200

Mini manicure plus		
Mini pedicure plus		
Back and Neck Massage	1HR30MIN	R750

TERMS

1. Cancellations of bookings at least one hour prior to treatment or full charges will have to be paid as per bookings made
2. Treatment duration will be reduced accordingly should you arrive late for treatments

TIMES

Monday to Thursdays 08:00 – 18:00
Fridays 08:00 – 15:00
Saturdays 08:00 – 18:00
Sundays 08:00 – 15:00

