



AVALON  
SPRINGS  
HOT SPRINGS | MONTAGU | WESTERN CAPE



HEALTH SPA  
MENU

**BOOKING IS ESSENTIAL:**

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## MASSAGES

### SWEDISH

|                         |       |             |
|-------------------------|-------|-------------|
| Full body               | 60MIN | <b>R570</b> |
| Back, head, neck & feet | 45MIN | <b>R450</b> |
| Back & neck             | 30MIN | <b>R350</b> |

### AROMATHERAPY

|             |       |             |
|-------------|-------|-------------|
| Full body   | 60MIN | <b>R700</b> |
| Back & neck | 30MIN | <b>R350</b> |

### PREGNANCY (First and last Trimester not allowed)

|             |       |             |
|-------------|-------|-------------|
| Full body   | 60MIN | <b>R650</b> |
| Back & neck | 30MIN | <b>R350</b> |

### HOT STONE

|             |       |             |
|-------------|-------|-------------|
| Full body   | 60MIN | <b>R700</b> |
| Back & neck | 30MIN | <b>R400</b> |

### DEEP TISSUE

|             |       |             |
|-------------|-------|-------------|
| Full body   | 60MIN | <b>R700</b> |
| Back & neck | 30MIN | <b>R400</b> |

### INDIAN HEAD

30MIN **R350**

### FOOT MASSAGE

30MIN **R300**

### WAXING

|               |             |
|---------------|-------------|
| Full body wax | <b>R850</b> |
| Facial wax    | <b>R200</b> |
| Full leg      | <b>R270</b> |
| Half leg      | <b>R220</b> |
| Under arm     | <b>R100</b> |
| Half bikini   | <b>R180</b> |
| Full bikini   | <b>R250</b> |
| Full back     | <b>R280</b> |
| Half back     | <b>R220</b> |
| Full arm      | <b>R200</b> |
| Half arm      | <b>R160</b> |

|                         |                 |
|-------------------------|-----------------|
| Lip/chin/cheeks/eyebrow | <b>R80 each</b> |
| Chest                   | <b>R180</b>     |
| Abdomen                 | <b>R200</b>     |

### TINTING

|                      |                 |
|----------------------|-----------------|
| Eyebrow/eyelash tint | <b>R80 each</b> |
|----------------------|-----------------|

### MANICURES & PEDICURES

|  |             |
|--|-------------|
| Full manicure or pedicure              | <b>R330</b> |
| French manicure or pedicure            | <b>R350</b> |
| French paint                           | <b>R150</b> |
| Gel polish                             | <b>R350</b> |
| File buff & paint                      | <b>R150</b> |
| Deluxe manicure or pedicure (paraffin) | <b>R420</b> |
| Soak off hands or feet                 | <b>R150</b> |

### COMBOS

|                           |          |             |
|---------------------------|----------|-------------|
| Body scrub/wrap & massage | 2HRS     | <b>R980</b> |
| Body scrub & massage      | 1HR30MIN | <b>R750</b> |
| Body scrub                | 30MIN    | <b>R250</b> |

|                       |          |             |
|-----------------------|----------|-------------|
| Mini manicure plus    |          |             |
| Mini pedicure plus    |          |             |
| Back and Neck Massage | 1HR30MIN | <b>R850</b> |

### 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 – 18:00  
Saturdays 08:00 – 18:00  
Sundays 08:00 – 15:00

