

NIMUE TREATMENTS

Nimue is a proudly South African, new generation Dermacosmeceutical with pharmaceutical-like benefits that are able to affect the structure and biological functions of the skin, resulting in a healthier, optimally functioning skin with visible results.

Therapeutic Treatment (50 min) R450

A pampering treatment customised to a client's needs. Recommended as an introductory treatment for new clients.

Deep Cleanse Treatment (50 min) R520

A purifying treatment providing effective skin cleansing, incorporating extractions and treatment mask.

Thermal Detox Treatment (30 min) R540

A detoxifying and exfoliating treatment with a thermo-sensory mechanism improving oxygenation.

Active Rejuvenation Treatment (50 min) R620

An active treatment to facilitate dermal rejuvenation, reduce pore size, refine texture and provides overall skin improvement.

35% Glycolic Treatment (50 min) R720

A hydrating treatment improving skin texture and appearance, leaving skin with an instant plumpness.

7.5% TCA Treatment (50 min) R720

A deep exfoliating treatment resulting in radiant and smooth skin texture with superficial peeling, enhancing cell regeneration and overall skin improvement.

Nimue SRC (50 min) R850

A rejuvenating treatment with superficial peeling targeting hyper-pigmentation, ageing and problematic skin.

Smart Resurfacer (50 min) R850

A waterless, oil-based smart resurfacing treatment providing the ultimate potency in skin rejuvenation.

MICRONEEDLING/MESOTHERAPY

Nimue collagen induction mesotherapy done with Needle Gun. This treatment is ideal for ageing, hyperpigmentation and mild-acne skin types. Little down time with quick results. Can also be use on scars and stretchmarks.

Needle Gun/ Mesotherapy with Omega Light (60 min) R1250
Needle Gun/ Mesotherapy, Omega light and Chemical peel (60 min) R1500

OMEGA LED LIGHT THERAPY

Omega light therapy is a medical grade treatment with 5 different LED lights to improve skin concerns such as acne, acne scars, pigmentation, dull skin, and sensitive skin. It also rejuvenates wrinkles and improves skin elasticity.

(20 min per session)

12 Sessions (3 per week) R1500

Add to any Face Treatment

Single session R200 R300

ADARA FACIAL TREATMENTS

Adara Deep Cleanse Treatment (50 min) R330

Removal of impurities, reducing the appearance of redness on skin. This treatment will leave you feeling refreshed.

Adara Hydrating Treatment (50 min) R310

This facial will aid in overall skin improvement, giving it a youthful appearance.

MATSIMELA SIGNATURE TREATMENTS

On the go Manicure (25 min) R120
 Cuticle and nail care with paint.

On the go Pedicure (25 min) R140
 Cuticle and nail care with paint.

Signature Manicure (45 min) R210
 Cuticle and nail care, soak, exfoliate, massage, mask /soy wrap and paint.

Signature Pedicure (60 min) R260
 Cuticle and nail care, foot filling, soak, exfoliate, massage, mask /soy wrap and paint.

Alkaline Foot peel Pedicure (60 min) R310
 Cuticle and nail care, alkaline foot peel (softens heels in only 4minutes), foot filing, soak, exfoliate, massage, mask/soy wrap and paint.

MASSAGES WITH MATSIMELA

Massage has been an integral part of healing through the ages. Come and enjoy a remarkable massage with infused African oils from mother nature.

Lymphatic drainage massage

A gentle form of massage used to relieve painful swelling in your body by moving lymph from your body tissues to working lymph nodes. (30 min) **R400**
 (50 min) **R500**

Single Couple

Back, neck and shoulder massage R310 R580

Swedish, Hotstone or Deeptissue (25 min)

Full body massage R460 R880

Swedish, Hotstone or Deeptissue (50 min)

Body Exfoliation R350 R650

This lavish exfoliation with a selection of specific scrubs gently eliminates all traces of dull skin cells and impurities. After the exfoliation an application of softening balm containing pure Shea Butter, Beeswax and Ubuntu Oils is applied, leaving the body fully quenched and silky smooth. (50 min)

Cleansing & Relaxing Back Treatment R360 R680

A treatment that stimulates the lymphatic system, rejuvenates the nervous system and awakens the skin at cellular level. Great for a congested back area as well as tense muscles in the back. (50 min)

Detoxifying & Muscle Ease Body Wrap R560 R1050

This complete body treatment help relieve muscle stiffness and joint soreness, promotes relaxation and aid in detoxification. This treatment combines a gentle exfoliation with your choice of scrub and the nourishment of the warm clay. Relax while cocooned with a scalp and shoulder massage. (80 min)

Nourishing Body Wrap R560 R1050

This treatment replenishes and soothes dry skin. It begins with a purifying salt & oil scrub, then a warm blend of oils and deeply nourishing butter is applied. Relax while cocooned with a scalp and shoulder massage. (80 min)

OZONE THERAPY

Increases the oxygen level in blood in order to oxygenate the tissues in the whole body. It can be used to treat issues ranging from aging to chronic diseases. (30min) per session

Single session **R250**
 5 Sessions **R1000**
 10 Sessions **R2000**

WAXING

	Female	Male
Brow shape	R70	R70
Nose wax	R50	R65
Lip wax	R70	
Chin wax	R70	
Full face (excluding brows)	R180	
Brow tint	R65	
Lash tint	R65	
Brow and lash tint	R110	
Brow and lash Combo: Brow shape, tint and lash tint	R160	
Henna Brows	R110	
Henna Combo (henna brows, henna lashes and brow shape)	R250	

Basic bikini wax	R150	
Deep bikini wax	R185	
Brazilian wax	R245	
Hollywood wax	R280	
Full leg wax	R195	R275
Half leg wax	R160	R200
Arm wax	R140	R190
Underarm wax	R110	R120
Back wax	R215	
Stomach wax	R70	R120
Chest wax	R120	

DERMAPLANING

Exfoliating treatment that removes the top layer of dead skin cells and peach fuzz. **R350**

LASHES

Lash Curl (60 min) R365

A treatment that adds a semi-permanent curl to your lashes for up to 8 weeks - ideal for those going on holiday or regular swimmers.

LashOn Eyelash extensions

Classic individual mink lashes:

Full set (90 min)	R440
Fill (60 min)	R330

SLIMMING THERAPY

	Single	6 Sessions
G5 (30 min) R170 R910		

G5 massage is a mechanical heavy duty massage that breaks down cellulite and increase blood circulation.

Faradic (60 min) R250 R1350

Faradic technology is a form of electrical stimulation ideally suited for firming and toning body muscles.

ADD ON

These express treatments can be added onto any body or facial treatment.

Indian Scalp Massage (15min)	R150
Sino Drainage Massage (20min)	R165
Foot Massage & Mask (20min)	R150
Hand Massage & Mask (20min)	R120

GEL NAIL TREATMENTS

Gel/Acrylic removal	R120
Gel overlay without soak	R345
Gel overlay with soak	R380
Toe gel overlay	R210
Gel overlay on fingers and toes	R530
Full set tips with gel overlay	R430
Full set tips with gel overlay and toes	R580
Regular pedicure with gel toe overlay	R360
Nail repair	R30
Silk repair	R10 p/nail
Extra art on gel nails	R10-R50

SUN KISSED SKIN

The Tan Lab Spray Tan (30 min) **R380**

THE TAN LAB ®, have created a scientifically formulated tan that is unmatched by DHA-only products. With its unique combination of DHA and Erythrulose, our innovative two phase tanning products ensure both ingredients work in synergy providing the most natural looking tan that lasts longer and fades evenly.

Sunbed (20min)

Single	10 Sessions
R50	R395

HIPL LASER

High Intensity Pulsed light. Excellent results and pain free technology.

Treatments variety:

- Skin Rejuvenation
- Tattoo Removal
- Hair Removal
- Vascular (Facial) Treatment
- Pigmentation Treatment

PACKAGES

Spa Taster (60 min) **R480**

- Back neck and shoulder massage
- Hydrating facial

Destress Spa (80 min) **R630**

- Full body massage
- Hydrating Facial

Ozone Spa (80 min) **R600**

- Ozone Therapy session
- Full body massage

Full day and Half day packages will be sent on request.

GENERAL INFORMATION

- Loyalty program: Each time a full service is completed your therapist will digitally stamp your electronic Adara loyalty card. After 10 completed Adara treatments, 5% of the total card value can be used on Massages/Pedicures.
- Gift vouchers are available.
- Pre-Booking treatments are essential.
- Late arrival – treatment will be completed in allocated time & the fee will remain unchanged.
- 24 hour notice for treatment change/cancellation.
- Prices are subject to change without prior notice.
- Payment must be made immediately after treatment.
- Accepted payment methods are: Cash, Debit, Credit Card, EFT before treatment.
- Should you have any physical/medical condition (e.g. pregnancy, recent surgery, epilepsy, allergies), please inform therapist prior to your treatment.

THERAPIST QUALIFICATIONS

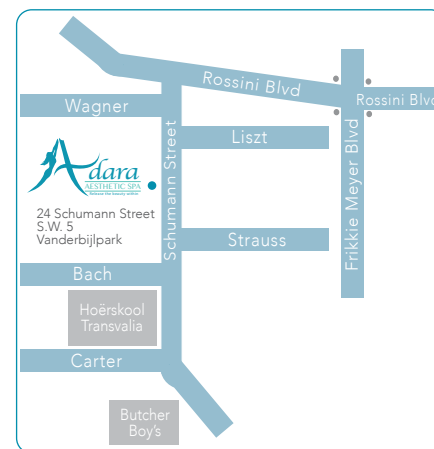
SAAHSP, CIDESCO, ITEC

OFFICE HOURS

Week days 8:00 – 17:00

Saturdays 8:00 –13:00

The first and last Saturday of the month 8:00 – 15:00



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