



Aromatherapy is the art and science of using the essential oils of plants to promote healing of the Body, Mind and Emotions. Each oil has its own unique healing properties and fragrance and by the skilful blending of the oils and therapeutic body massage, the symptoms of many ailments including stress, anxiety, exhaustion, depression and headaches can be greatly relieved.

Aromatherapy massage is deeply relaxing and very therapeutic.

Full body massage for 1 hour , R250

Back massage for 30 mins R100

Foot and leg massage for 30 mins R 90

Head, shoulders and face massage for 30 mins R 90

Lymph Drainage massage is excellent for removing toxins from the body and is an integral part of a detox programme.

Gentle full body massage for 1 hour, R250

Reiki is the subtle channelling of Universal Energy to the body and mind to promote a feeling of well-being

Therapy for 1 hour, R200

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