



KURLAND SPA

Massage Therapy

Swedish Massage

The various Swedish massage techniques are designed to improve your circulation, soothe your muscles and promotes relaxation.

Full Body Swedish Massage	60 min 750
Back Neck and Shoulders	30 min 300
Foot Massage	30 min 300

Deep Tissue Massage

Deep tissue massage techniques focus on treating the deeper layers of muscle tissue, relieving muscular aches, pains and discomfort

Deep Tissue Massage	60 min 850
Back Neck and Shoulders	30min 350

Hotstone Massage

Hotstone therapy encourages blood flow throughout the body, hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

Hotstone Full Body Massage 75 min 900

Back Neck and Shoulders 30 min 350

Aromatherapy Massage

The blend of essential oils and the luxurious massage will leave you feeling renewed. This massage is personally tailored to your individual needs

Full Body Aromatherapy Massage 60min 850

Back Neck and Shoulders 30 min 350

Add on to your massage therapy

Hotstones on the Back Neck and Shoulder 80

Back (salt) Exfoliation 100

Full Body 'salt' Exfoliation 200

CUPPING - This involves suction cups being placed strategically along the meridians to create a small area of low pressure above the skin and is primarily used to remove toxins, boost immunity, alleviate the stagnation of blood and qi, improving the patient's overall state of health and vitality.

Massage oil is applied topically along the meridians, followed by either a plastic/glass cup (dry cupping) with a low suction pressure, allowing the cups to slide along the skin without causing any abrasions or discomfort.

Body Cupping 250

Facial Cupping 150



Facial Treatments

30 Mins R450 * 60 Mins R750 * 90 Mins R1250

BARBOR

German skin care created by Dr. Michael Babor in 1956

~ science, precision & results ~

Youthful looking skin based on Epigenetic research. Our lifestyle choices influence the rate at which we age. Skinovage facials use a powerful peptide to influence our Epigenetics and ensure a youthful, healthy and radiant skin for longer.

More BEAUTY, MORE RADIANCE - with Barbor Expert Method visibly more beautiful skin in just one treatment

Moisturising Facial

Intense nourishing and moisturising treatment

Calming Facial

Gentle facial to calm and alleviate irritation while enriching your barrier function.

Balancing Facial

Balance your skin by bringing combination areas into harmony leaving a refreshed and refined tone with reduced blemishes.

Vitalizing Facial

Intensely regenerate, strengthen and vitalise stressed skin leaving it fresh and invigorated.

Purifying Facial

An effective treatment to calm and clarify an oily and blemished skin.

Elemis

Elemis Pro-Collagen Facial

60 min 750

For skin that feels dramatically firmer and uplifted, this anti-ageing face and eye treatment gives amazing results. It diminishes the appearance of fine lines and wrinkles and restructures the eye contour. The treatment promotes collagen synthesis and cell regeneration, leaving you with younger-looking skin

Elemis Booster Facial

30min 450

Recommended to boost hydration , rejuvenate or deep cleansing. Perfect to add on to any treatment or to have on its own .

O.P.I / i-SPA

Hands and Feet

Luxury Manicure - OPI Infinite Finish	60min 250
OPI Gel Manicure	60min 420
Luxury Pedicure - OPI Infinite Finish	60min 350
OpI Gel Pedicure	60min 450
Express Manicure or Pedicure - Infinite Finish	30min 200
Express Manicure and Pedicure	60min 300
Gel Soak Off	30min 100
OPI Gel Application	30min 300
Pressure Point Foot Massage	30min 300

Spa Essentials

Waxing and Tinting

Brow/lip/chin wax	80	Back/Chest	300
Lash/ Brow Tint	80	Half leg	200
Lash & Brow tint	120	Full leg	300
Underarm	120	Brazilian	250
Bikini	150		

Spa Packages

Signature Couples Treatment 2hrs R1300 pp

A journey of love, starting with heated **Rose Quartz crystal full Body Massage**, (Rose quartz known as the universal crystal of love) **Rejuvenating Facial**, your choice of a **Mini Manicure or Pedicure**. End your journey with a **Three course meal** and a glass of bubbly

Half Day Retreat 4hrs R1500 pp

A Full Body **Exfoliation** with aromatherapy steam room session followed by a Full Body Aromatherapy **Massage plus an Aromatherapy Facial** and finishing off with a Luxury **Manicure or Pedicure, whilst savouring a Cheese plate** with a glass of local bubbly.

Kiddies Treatments (under 13yrs)

Massage

Full Body Massage 45min 400

Back Neck and Shoulder Massage 20min 200

Facials

Deep Cleansing Facial 30min 200

Hydrating Facial 30min 200

Hands and Feet

Mini Manicure / Pedicure 30min 100



KURLAND SPA

All spa treatments include the sauna, steam room and spa pool.

We recommend that you arrive 10/15 min before your treatment commences for use of the shower and / or sauna / steam room.

We look forward to your visit and taking great care of you within our beautiful and tranquil spaces.

www.kurland.co.za

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**KURLAND
HOTEL**