

# T o u c h



## SPA

THE ESSENCE OF WELLBEING



### **Our vision:**

The T.O.U.C.H Spa is intended to be a sanctuary and the essence of tranquility. No matter what treatment or what ingredients are used, the most natural, pure and healing thing in the world is a caring touch.

### **Our mission:**

Going back to basics and demystifying spa treatments.

The power of massage with its proven benefits goes back centuries.

Touch therapies have been known to help the heart rate, blood pressure, breathing and digestion. Stress relief and relaxation are all the benefits of touch.

If you feel good look good you and this is no secret. Asian women have practiced the holistic approach to health and beauty for many moons.

*Aromatherapy*- The physiology of the smell and emotion are closely linked and can form to be apart of your every day life.

Facials can be done with just simple plants and minerals.

Footbaths and soaks from flower.

Teas from herbs

You can also luxuriate in herbal soaks and relax using essential oils and natural fragrances.

The riches of Mother Nature make you look and feel good, inside and out.

The T.O.U.C.H Spa has focused as far as possible on the power of nature to heal, using sustainable, eco-friendly, organic, holistic, natural products and treatments.

Our Spa offers a combination of global influences, but has incorporated local culture and traditions.

Personal well being has become a necessity not a luxury.

'Me Time Out' needs reflect on the positive changes that need to be made in your life.

You need to slow down, take a deep breath, think clearly and consider your whole being. Get in touch with your natural potential.

The key to good health.

T.O.U.C.H Spa is a good place for stress relief and pampering with good food, comfortable accommodation and friendly staff to help you every second of the day.

The enticing Spa menu full utilises the relaxing benefits of blissful treatments that leave you feeling fabulously indulged and totally de-stressed.

The core philosophy at T.o.u.c.h. revolves around balance among the five basic elements- Earth, Water, Wind, fire and the essence of life

The candles, flowers and luxurious surroundings add to the sensory delights, but the core of healing treatment is renewed energy, glowing complexions and feeling fantastic.

***BE GOOD TO YOURSELF  
YOU DESERVE IT!***

## *African Getaway:*

### **African Royalty Basalt**

*Hot stone massage with jgoba oil and fabulous fynbos.  
This treatment helps relieve you from stress and uplifts the mind, body and  
Soul.*

Full Body	R380.00
Back, Neck, Shoulders and Scalp	R300.00

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### **Essence of Africa**

#### Deep Aromatherapy

*A deep aromatherapy massage using the smells and scents of Africa.  
These oils will help detoxification of the body and relieve stress.*

Full Body	R395.00
Back, Neck, Shoulders and Scalp	R295.00

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### **Marula**

#### Deep Tissue Massage

*This deep tissue massage will invigorate all senses of the body,  
your skin will be hydrated as well as soothed, muscles will be  
relaxed and so will you.*

Full Body	R395.00
Back, Neck, Shoulders and Scalp	R300.00

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### **Nguni**

*A deep back massage to help remove the knots, aches and pains. This massage will work all the tension from the lower back, shoulders, neck and end off with a scalp massage.*

Back, Neck, Shoulders and Scalp	R325.00
Add on a Relaxing Facial Massage	R380.00

### **Sports Massage**

This deep and stimulating massage is 45 minutes and helps remove all toxins from the area worked on. This massage helps to repair and regenerate cells and muscles.

45 minutes	R360.00
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### **Xoi Xoi Reflexology**

Thumb and finger pressure is applied to reflex pressure points on the feet that correspond to specific areas, glands and organs of the body. Reflexology improves circulation and the functioning of the body areas affected by such reflex zones.

60 minutes	R375.00
45 minutes	R320.00

### **Royal Palm:**

Tantalizing treatments reaping the rewards of nature's beauty and Thai secrets of sensual healing.  
The path to serenity.

Base Oil: Coconut

### **Balinese Exotic Fruit Massage**

This is a unique combination of tropical essential oils. This massage is an excellent stress reliever and uplifting massage, it uplifts the mind, body and soul.

Full Body	R395.00
Back, Neck, Shoulders and Scalp	R325.00

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### **Indonesian Hot Stone**

*A full body or back massage with gentle heated stones to help revitalize the body.*

Full Body	R380.00
Back, Neck, Shoulders and Scalp	R300.00

### **Stargaze**

*Deep Tissue Massage, Ultimate Stress Reduction.  
Cedar Wood, Rose and Olive.*

Full Body	R395.00
Back, Neck, Shoulders and Scalp	R325.00

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### **Desert Spice Reflexology**

*A blissful way to relax and revitalize your systems. Stimulates the blood and nerve flow, relieving tension.*

60 minutes	R375.00
45 minutes	R320.00

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### **Indian Head Massage**

*Being the perfect anti-stress measure this massage is practiced on a client comfortably seated and concerns the upper part of the body: head, shoulders and arms. It deliberates efficiently from muscular tension and helps to restore refreshing sleep and better concentration.*

30 minutes	R225.00
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### **Reiki/energy Healing**

*Rediscovered some hundred years ago, it is an ancient Japanese method of laying on of hands in very gentle strokes, inspiring the sensation of unity to the one who conducts the treatment as well as to the one who receives it. The Reiki, taking effect at the same time on mental and physical, creates a feeling of balance and re-establishes natural harmony of the system.*

60 minutes

R295.00

### *Facials:*

#### **Deluxe Tranquility Facial**

This facial is natural beauty. All natural products and unique masks and moisturizers to suit your skin type, will be used, no steamer is used but hot compresses used for better effect.

60 minutes

R440.00

#### **Express Harmony Facial**

45 minutes

R395.00

### *Pampering Plants*

*Tap into nature and refresh body and soul. Pure scents of vitality, a botanical Treasure trove.*

#### **Aromatic Atmosphere**

*Flowers of the world mixed for your pleasure. The massage that leaves you relaxed and stress free. A full body massage with the most romantic but relaxing smells of the world.*

Full Body

R395.00

Back, Neck, Shoulders and Scalp

R325.00

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#### **Botanical Body Balance**

*Deep Tissue massage*

Full Body

R395.00

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#### **Swedish Massage**

*This massage is detoxing and relaxing with two oils infused just for you, it will uplift your mind, body and soul.*

Full Body	R395.00
Back, Neck, Shoulders and Scalp	R325.00

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### **Lighter than Life**

*Relax and Revive with a lymphatic drainage massage.*

*This massage stimulates the blood capillaries and helps eliminate toxins. This massage is not deep but shallow to help the lymph glands to remove and detox the bodies waste faster.*

Full Body	R395.00
Back, Neck, Shoulders and Scalp	R325.00

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### **Luxury of Lavender and Vanilla Reflexology**

*A seductive scents compliment this holistic treatment focused on creating balance and harmony. Pin Pointing areas of the sole of the foot related to various parts of the body and apply pressure to unclog energy line to rebalance your energy.*

60 minutes	R375.00
45 minutes	R320.00

### **Hand And Feet Care:**

#### **Deluxe Pedicure**

60 minutes	R 230.00
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#### **Express happy feet**

45 minutes	R 195.00
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#### **Mans Pedicure**

60 minutes	R 195.00
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60 minutes **Deluxe Manicure** R 220.00

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45 minutes **Express Manicure** R 140.00

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60 minutes **Mans Manicure** R 160.00

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**Nail file and paint** R 80.00

**Signature Packages:**

**African getaway**

*Revitalizing Spa Package*

*A marula deep tissue massage and express pedicure OR express manicure.*

*(Includes an African fruit cocktail and fruit platter)*

2 hours R650.00

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**Royal Palm**

*Energizing Spa Package*

*A stargaze deep tissue massage for ultimate stress reduction and a champagne mousse facial.*

*(Includes champagne and orange juice with chocolate truffles)*

2 ½ hours R850.00

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**Pampering Plants**

*Relaxing Spa Package*

An aromatic atmosphere on aromatherapy massage and an express  
manicure OR express pedicure.  
(Includes a refreshing fruit sorbet and apple and mint ice tea)

2 hours

R675.00

### *Personal Packages:*

#### **Expectant Mom**

A relaxing pedicure to help take the strain off your wonderful feet. A  
muscle melter back massage to help remove the tension and relax you.  
An express Facial to help you look your best with your natural glow.

(A deluxe pedicure; back, neck, scalp and shoulder massage and express  
facial)

2 Hours

R750.00

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#### **Man's Life**

A full body massage to help remove the tension, aches and pains. A  
men's facial to help stop the aging process, to look even better than you  
already do.

(A full body massage and men's facial)

2 Hours

R795.00

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#### **Make My Day**

This package is a dream in which you have natural products used on you  
for a full body massage, manicure, pedicure and deluxe facial. After this 4  
hour treatment you walk out feeling brand new.  
(Includes cappuccino and a sweet treat)

(A deluxe manicure; deluxe pedicure; deluxe facial and a full body  
massage)

4 Hours

R995.00

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**Up to Par**

*Golfers be pampered, get the whole in !! A back massage and a foot massage with exfoliation.*

(A back, neck, scalp and shoulder massage and a foot massage)  
1 Hour R375.00

**Take it to your Room:**

**Cleopatra's Secret**

*A 45 minute back massage with aromatherapy essential oils and a milk bath to continue your relaxation.*

(A back, neck, scalp and shoulder massage and a milk bath)  
1 ½ Hours R 395.00

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**An Exotic Affair**

*A stimulating back massage and foot massage with detoxing oils done by two therapists and an "uplifting the senses" bath with sunset oils.*

(A back, neck, scalp and shoulders massage; foot massage and an uplifting senses bath with sunset oils)  
1 ½ Hours R 475.00