

Slide Health Spa

treatment menu





Esse Organic Facial

HYDRATING FACIAL

R550

Formulated for skin in need of extra hydration

DETOX FACIAL

R550

Suitable for skins needing deep cleansing.

BALANCING FACIAL

R550

Designed for combination skins to get back into balance.

ANTI -AGEING FACIAL 90MINS

R700

Vitamin enriched treatment, leaving the skin revitalised & nourished, increases firmness, diminishes fine lines & restores glow. Ampoule and cupping included.

MINI FACIAL

R385

A luxury express facial that cleanses, exfoliates & hydrates.

AMPOULE ADD ON

R120

For an extra boost to your facial, include a concentrated customised ampoule to accelerate results.

FACIAL CUPPING ADD ON

R100

Reduce fine lines, wrinkles & rings under the eyes. Cupping is an age-old method of draining toxins from the face, bringing fresh oxygen & nutrients to the area.

DISCOVER ORGANIC SKINCARE WITH OUR ESSE FACIALS. ESSE IS A CERTIFIED ORGANIC ETHICAL SKINCARE RANGE THAT COMBINES SCIENCE & NATURE TO DELIVER SUPERIOR RESULTS WITHOUT COMPROMISING THE ENVIRONMENT. WE DON'T SEE THE NEED TO IMPROVE OUR SKIN WITH CHEMICALS, NATURE OFFERS US ALL WE NEED.

Manicles and Pedicures

MINI MANICURE R150

MINI PEDICURE R170

A quick clean up of the nails including polish

FULL MANICURE R240

FULL PEDICURE R260

Enjoy a soak, scrub & massage with your treatment

LUXURY MANICURE R275

LUXURY PEDICURE R300

Spoil yourself with a soak, scrub, massage & nourishing Clay Masque

GEL ADD ON R60

SOAK OFF R80

MEN'S HAND GROOMING R180

MEN'S FOOT GROOMING R200

FILE & PAINT ONLY R100

FRENCH PAINT EXTRA R60

FOUR PAWS TREATMENT R350

A balancing treatment that increases circulation & induces relaxation. Spoil your hands & feet with a light polish, a natural masque & finish off with a relaxing hand & foot massage.





Waxing & Tinting

BROWS/LIP/CHIN	R60
FULL FACE	R165
HALF LEG	R175
3/4 LEG	R200
FULL LEG	R240
HALF ARM	R120
FULL ARM	R160
UNDERARM	R100
SWIMSUIT BIKINI	R120
BRAZILIAN	R250
HOLLYWOOD	R280
CHEST	R250
STOMACH	R150
BACK	R280
BROW TINT	R100
LASH TINT	R100
BROW AND LASH TINT COMBO	R180

Body Treatments

FULL BODY EXFOLIATION

R280

A relaxing, yet intensive full body peel, leaving your skin smooth & polished. The treatment is completed with a nourishing body butter that will hydrate & repair the skin.

HIMALAYAN SALT & OIL SCRUB

R340

Bring your body back to balance with the application of warm soothing oils, followed by a Himalayan Salt treatment. Relieve stress & fatigue while gently stimulating the body's circulation. This Salt Therapy Treatment is also perfect after long periods of travel or exercise.

BODY WRAP

R450

Includes Scrub, Natural Wrap & Body Butter Breathe in the scents of essential oils & experience the benefits that they hold. This treatment is designed to boost the immune system & clear your mind of stress. While detoxing the body it also hydrates the skin. A restorative scrub & aromatherapy clay wrap.

LEG & FOOT TREATMENT

R350

For everyone who wishes to give relief to uncomfortable legs & re-discover light legs by being pampered with a draining massage, scrub & wrap on the lower limbs of the body.

LULUR BODY PACKAGE

R1250

Jasmine scrub; Frangipani Clay Masque; Balinese Massage (including stone placements)

ALOHA BODY PACKAGE

R1250

Coconut & Lime Scrub; Lemongrass Clay Masque; Lomi Lomi Massage





Therapeutic Massage

BACK, NECK & SHOULDERS MASSAGE 30MINS	R300
BACK, NECK & SHOULDERS MASSAGE 45MINS	R400
FULL BODY MASSAGE 60MINS	R600
FULL BODY MASSAGE 90MINS	R700

With your choice of:

SWEDISH MASSAGE

SPORTS MASSAGE

DEEP TISSUE MASSAGE

RAINDROP AROMATHERAPY MASSAGE

HOT STONE AROMA :

In a firm & rhythmic massage sequence the stones give up their power & warmth to tired, stressed muscles.

• BACK & NECK MASSAGE 45MINs	R450
• FULL BODY MASSAGE 60MINS	R650
• FULL BODY 90MINS	R750
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Spa Add-Ons

Add something special to your treatments (15mins)

SINUS MASSAGE TREATMENT	R100
ULTIMATE FOOT SCRUBS	R100
SCALP MASSAGE	R100
FOOT MASSAGE	R100
SHEA COCOA BUTTER ADD ON	R100

Specialised Massage Therapy

LOMI LOMI MASSAGE 90MINS

R800

A Hawaiian massage which works the muscles using continuous, flowing strokes to encourage you to let go & simply be.

BALINESE MASSAGE 90MINS

R800

Balinese massage is a deep-tissue, holistic treatment. Using a combination of massage techniques to bring a sense of wellbeing, calm & deep relaxation.

SLIDE SIGNATURE FULL BODY 90MINS

R700

A pure indulgence & highly recommended. Our signature treat is an experience of bliss. Using specialized techniques for whole body wellness & relaxation.

INDIAN HEAD MASSAGE

R300

An age-old treatment based on Ayurvedic systems. It allows tension headaches to slip away, providing a tremendous sense of ease. It also reduces stress & aids in the elimination of toxins.

REFLEXOLOGY

R300

A therapeutic massage method using acupressure on pressure points in the feet, sending relief throughout the whole body. This specific massage will promote bodily functions & aids in the relief of pain.

CUPPING THERAPY MASSAGE

Traditionally used to boost circulation & detox the body, it has a lymph drainage effect as well as skin smoothing. Not only is it good for cellulite, but is incredible for pain relief.

• **BACK & NECK MASSAGE 45MINS**

R450

• **FULL BODY MASSAGE 90MINS**

R750





Spa Packages

TASTER PACKAGE

2hrs/R895

For those on the go but still want to be pampered. Enjoy a mini-facial, mini-manicure, mini-pedicure & 30min Swedish Back, Neck & Shoulder Massage.

BODY OF NATURE

2hrs/R1110

This luxurious treatment begins with a gentle exfoliation to smooth & soften the skin. Next a moisturising wrap full of antioxidants & nutrients, renewing the body's natural defences. Finally relax with a refreshing Aromatherapy Full Body Massage.

FOUR SEASONS PACKAGE

4hrs/R1430

Spoil yourself with the full package. Lie back & relax while having an ESSE facial, full manicure & pedicure, ending off with a Full Body Massage.

TIP TO TOE PACKAGE

2hrs/R1020

An ultimately renewing experience. Indulge your senses with an ESSE Organic Facial, Back, Neck & Shoulder Massage, completing the session with a Leg & Foot Treatment for those tired legs.

TIME FOR MEN PACKAGE

2.5hrs/R1190

A treatment package tailor made for men. A deeply cleansing ESSE facial, a hand & foot grooming, ending with a 45min Sports Back, Neck & Shoulder Massage will leave your body feeling relaxed & tension-free.

ROMANCE COUPLES PACKAGE

2.5hrs/R2500

Enjoy time together during your treatments. Side by side you will have a Slide Signature Massage, a customised ESSE Facial, & while having a Luxury Pedicure you may sip on a glass or two of bubbly.

KIDS PACKAGE (Under 12)

1hr/R700

A package just for the kids. Starting with a Back, Neck & Shoulder 20mins; ESSE Facial Cleanse 20mins; file & paint fingers & toes 20mins each.

Spa Etiquette

Thank you for taking time to look at our treatment menu. We hope to see you at our spa during your stay. Treatments are by appointment only.

Please arrive 5mins before treatment time. Late arrivals may result in receiving remaining treatment time to cater for other guests. Please inform your therapists of any health concerns, pregnancy or allergies before any treatment starts.

Please note that all our products in the spa are hand crafted to ensure the best quality. We only use raw, unrefined and organic ingredients in all of our products. We do not test on animals and only use sustainable ingredients.

Any cancellation with less than 5 hours notice will incur a 50% cancellation fee. A full fee will be imposed for a “no-show”.

072 897 7092

www.slidehealthspa.co.za

slidehealthspa@gmail.com

**FOR MORE INFORMATION ON TREATMENTS COME AND VISIT
US IN THE SPA**



PROBIOTIC SKINCARE

