



## Massage Treatments

*Healing and relaxing while easing muscle tension*

### **Jet Lag Massage – after a long flight**

Rapid tensions on neck and shoulder  
Activates the lymphatic function



**20min / R250**

### **Traditional Swedish Massage – just enjoy**

Reduces tension and relieves stress  
Activate blood circulation

**30 min / R350**

### **Hot Stone Massage – for terrific relaxation**

The heated black basalt stones help to release deep seated tension  
Placed on key points on your back-as well to massage back and shoulders

**40 min / R450**

### **AromaVine Relaxing Pinotage Massage\***

Tension melts away with our relaxing massage containing a synergistic blend of Cape Chamomile, Neroli and Lavender.

**40 min / R420**

### **MusculaVine Massage\* – Golfers specialized**

Intensive massage and muscle reconditioning techniques are used to help relieve muscular tension and stimulate proper blood circulation followed by the application of a refreshing circulatory gel.

**40 min / R420**

### **Scrub & Aroma Massage**

A back scrub application with oil, seaweed, lavender and salt  
Applying the scrub a soft rubbing to stimulate body and mind  
Following by a relaxing massage with essential oil to effectively release tension as well as smoothes and clarifies skin

**45 min / R520**

### **Foot & Hand Massage**

Foot or hand massage to suit your needs  
Full leg or arm massage to suit your needs

**20 min / R180**

**30 min / R280**

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## Skin Care Treatments & Waxing

*Escape from everyday and leave the stress behind*

### **TheraVine Appetizer\***

Experience an Vinetherapy facial boost customized to your Specific skin concerns in just thirty minutes.



**30 min / R250**

### **TheraVine Hydrating Facial\***

A facial designed for extreme relaxation with the aromatic scent of Essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

**40 min / R420**

### **TheraVine Mature Facial\***

This treatment is pure comfort  
A facial performed to firm and visible tone the skin whilst smoothing out wrinkles. Your skin is left looking serene and the complexion more radiant and uniform.

**40 min / R420**

### **Men's Facial – with TheraVine\***

This facial includes cleansing, exfoliation, massage and a mask for a healthy natural look

**30 min / R290**

## Wellness@sylvias

### Waxing

*Looking good*

Chin or lip

**20 min / R100**



### Tinting

Eyelash

**15 min / R100**

Eyebrow

**15 min / R 80**

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### Manicure or Pedicure

*Treat yourself a bit*

**Paint** – nails / hand or toes

**15 min / R100**

**Express** – cut and shape

**20 min / R150**

**Mini** – cleansing, cut, shape and paint

**30 min / R180**

**Full** – bath, shape, cuticle treatment and paint

**40 min / R200**

**Pampering** – bath, peeling, shape, hand or foot massage,  
paint and after care treatment

**50 min / R250**

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\* working with

**THERA VINE™**  
STELLENBOSCH

products