



Relax & Renew

@ Guano Cave

Open Tuesday to Saturday - 08:00 to 17:00
By appointment Cell: 063 433 1836
Email: relaxandrenewgc@gmail.com

Massages

Massage is a powerful "tool" to let you take charge of your health

30min Massage

Back and neck Massage R300

Relieves the tension in the lower and upper back, shoulders and neck area

Hotstones back and neck R330

Promotes healing, well-being and relaxation using warm basalt stones

Deep tissue massage R350

Deep pressure is applied to relieve tension and detoxify, specifically targets the back, shoulders and neck areas, where you need it most

Pressure point scalp massage R280

Massage treatment of the head, scalp, face, neck and shoulders. This is deeply relaxing combining stimulating techniques and brings many beneficial results

45min Massage

Relax and Renew Signature Massage R400

Wind down and release the tension of the day with a shoulders and neck massage, followed by a pressure point hand massage and ends off using warm oils massaging the feet

Sports Massage R420

This treatment aims to restore normal soft tissue health and function by getting rid of any knots, bands of tightness or adhesions. These adhesions are often described as feeling "tight" or "knotted"

Reflexology R380

Focussing on rebalancing the body through stimulation of pressure points situated on the feet, bringing complete relaxation

60min Massage

Full Body Relaxation R500

Relax and re-energize an tired and aching body, reconnect your mind, body and soul. This general/classic massage is designed to soothe the muscles and relaxes the entire body.

Aromatherapy R650

Aromatherapy is a therapeutic massage and involves the inhalation and body application of essential oils from plants.

Full Body Hotstones therapy R600

Warm Basalt stones are used to melt away tension Therapeutic heat is slowly released into the belly of the muscle for a complete new body experience. Stones are placed on key points, whilst warmed oils are massaged directly into the body for maximum relaxation.

Facials

Rejuvenate your skin . . . see immediate results

Anti-Ageing R500

Fight ageing, stressed and slackened skin. This face and eye treatment firms, rejuvenates and plumps skin whilst helping to reduce dark circles. Specialised lifting massage techniques are used, leaving a uplifted youthful appearance.

S.O.S. Purifying Facial R450

Herbal Lavender Repair, a purifying treatment for congested skin. Deep cleansing to draw out skin impurities. This facial will help to reduce unwanted shine, refine the pores and treat skin breakouts.

Modern Skin Facial R420

Designed for skin challenged by modern living. This treatment is packed with anti-oxidants, rich minerals and vitamins, it helps remove damaging toxins, regenerate skin cells and rebalance sebum. Bring back the glow to a lifeless skin.

Taster Facial R300

This introductory facial provides a quick and instant pick-me-up for any occasion.

Mens Facial R350

Deep cleanse and complete skin detox, this facial help to eliminate blocked pores. Fast acting ingredients provide long lasting defence against damaging effects of daily pollutants, leaving the skin visibly clear and clean.

Hand Treatments

Manicure R260
Cut & File R100
Add on gel polish R200

Foot Treatments

Pedicure R260
Cut & File R100
Add on Gel polish R200

Waxing

Brow shape R50
Chin / Lip R50
Underarm R100
Bikini line R100

Tinting

Brow tint R50
Lash tint R80
Brow and Lash R120

Gel Polish Application R220
Gel polish Soak off R80