



## **Massages**

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

### **30min Massage**

#### **Back neck & Shoulder Massage - R400**

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

#### **Hot stone back neck & shoulder - R460**

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

#### **Deep tissue back neck & shoulder- R460**

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

#### **Pressure point scalp massage - R390**

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 & Unwind Signature massage-R570**

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

#### **Sports massage - R570**

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"

### **60min Massage**

#### **Full Body Relaxation-R650**

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 - R695**

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

## **Spray Tan - R400**

Beyond Tan with Be Beautiful Me unique combination of rejuvenating skincare and tanning technology.

## Facials

Rejuvenate your skin...see immediate results.

**Fjin Botanicals Express Facial (30min)-R440**

**Rejuvenate Face Glow (60min)-R680**

A hydrating facial with Fjin Botanicals, starting with a facial cleanse, exfoliation, followed by a steam session. A specialised mask application followed by a facial pressure point and sculp massage with Fjin Albaster Botanical Serum.

## Tinting

Brow tint	R55
Lash tint	R99
Brow & Lash tint	R155
Brow shape & tint	R135

## Waxing

Brow	R55
Chin/Lip	R55
Underarms	R135
Full leg	R200
Full leg & Bikini	R300
Half leg	R150
Half leg & Bikini	R250

## Hand Treatments

Manicure(with/without nail polish)	R280
Gel polish	R290
Manicure(with Gel polish)	R390
Nail Art - per nail	R25
Tips no colour	R390
Tips with Gelish	R560
Kiddies Manicure/Pedicure	R180

## Foot Treatments

Pedicure	R365
Gel Polish	R290
Pedicure with Gel polish	R450

## Henna Tattoos

