

Spa operating hours are Monday to Sunday from 8am to 5pm.

Body Bliss Treatments

Facial Therapy

Basic Facial	60min	R 590
Classic Facial	80min	R 750
Specialised Facial	90min	R 820

Hands and Feet

Spa Manicure	45min	R 350
Spa Pedicure	60min	R 450
Gel Nails	60min	R 350
Gel Nails with Soak Off	90min	R 520
Gel Nails Soak Off Only	30min	R 140
French Paint	20min	R 120
Normal Paint	15min	R 100

Massages

Full Body Massage	60min	R 650
Full Body Massage	90min	R 900
Back, Neck and Shoulder	25min	R 300
Back, Neck and Shoulder	45min	R 520
Back, Neck and Shoulder	60min	R 650
Hand or Foot Massage	25min	R 280
Hot Stone Therapy	60min	R 690
Indian Head Massage	25min	R 300

Hydrotherapy

Steam Room Session	30min	R 150
Hydro Bath (Single)	30min	R 150
Hydro Bath (Couples)	30min	R 220

Tinting and Hair Removal

Eyebrow Shape or Tint	15min	R 100
Eyelash Tint	20min	R 120
Full Leg Wax	45min	R 280
Half Leg or Under Arm Wax	30min	R 190
Bikini Wax	30min	R 200
Chin or Lip Wax	15min	R 100

Men's Corner

Men's Facial	45min	R 500
Sports Facial	60min	R 590
Sports Pedicure	60min	R 450
Sports Full Body Massage	60min	R 650

Poolside Treatments

Back or Hand or Foot Massage	20min	R 190
Back and Foot Massage	30min	R 250

Signature Treatments

Absolute Body Bliss <i>Relaxing back, neck and shoulder massage with a classic facial and scalp massage</i>	110min	R 1080
Body Bliss Taster <i>Relaxing back, neck and shoulder massage with a basic facial and scalp massage</i>	70min	R 690

Body Bliss Packages

Ultimate Bliss <i>Steam session, detox body polish and wrap, foot massage, hot stone therapy massage with a classic facial</i>	185min	R 1700
Revitalise <i>Steam session, detox body polish and wrap, scalp massage, full body massage with a basic facial</i>	165min	R 1500
Soothes <i>Steam session with a back, neck and shoulder massage</i>	45min	R 380
De-stress <i>Steam session, back, neck and shoulder massage with a basic facial</i>	80min	R 700
Unwind <i>Steam session, back, neck and shoulder massage with a foot massage</i>	70min	R 600
Happy Feet <i>Steam session with a spa pedicure</i>	80min	R 470

Junior Bliss Packages

Mini Hand Massage	25min	R 180
Playful Mani	30min	R 220
Toe Tickling Feet Fun	25min	R 180
Playful Pedi	30min	R 220
Junior Head, Neck and Shoulder Massage	20min	R 160

Junior Bliss treatments are designed specifically for children aged between 5 - 16 years.

Parental supervision is required for the duration of the treatment.



Spa Etiquette and Policies

- Booking in advance is recommended.
- Kindly arrive at least 15 minutes prior to your scheduled treatment/s to allow time for you to change. If you are new to our Spa you will also be required to complete our Pre-Consultation form.
- Right of admission is reserved. We reserve the right to deny access to any person we deem to be acting in an inappropriate or unsafe manner.
- Guests younger than 16 years must be accompanied by an adult for the duration of the treatment.
- Junior Bliss treatments (where available) are designed specifically for children aged between 5 -16 years.
- Ensure cellular/mobile phones are switched off during treatments.
- Swimming costume must be worn when using the steam room or hydro bath (where these facilities are available).
- All prices are subject to change without prior notice.
- Products purchased are not refundable.
- Treatments and the use of Body Bliss Day Spa facilities are at the client's own risk. Body Bliss Day Spa will not be held liable for any adverse reactions during or after treatment, or any other injury suffered on the premises.
- Body Bliss Day Spa will not be held liable for the loss or damage to any property of the client. Personal items should be safely stored in private units or the lockers provided.

Cancellations and Late Arrival

Body Bliss Day Spa reserves the right to charge in full for appointments cancelled with less than 24 hours' notice and no-shows. Should cancellation/rescheduling not be made in time, the full treatment fee will apply. Late arrival will result in a reduction of treatment time whilst the full treatment fee will apply.

The services offered are not a substitute for medical care. Any information provided by the therapist is for educational purposes only and not diagnostically prescriptive in nature.

Consent to Treatment of Minor (if under 18 years of age, parent/guardian must consent): The parent/guardian of a minor will be required to sign consent prior to treatment, authorising the Body Bliss therapist to administer massage, bodywork or somatic techniques to their child or dependent, as agreed at time of treatment.