



BODY BLISS

Day Spa

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

Body Bliss Treatments

Facial Therapy

Basic Facial	60min	R 410	3 Points
Classic Facial	80min	R 520	4 Points
Specialised Facial	90min	R 620	4 Points

Hands & Feet

Spa Manicure	45min	R 250	2 Points
Spa Pedicure	60min	R 330	2 Points
French Paint	15min	R 80	1 Point
Normal Paint	15min	R 75	1 Point

Massages

Full Body Massage	60min	R 480	3 Points
Back, Neck & Shoulder	25min	R 260	2 Points
Back, Neck & Shoulder	45min	R 400	3 Points
Hand or Foot Massage	25min	R 240	2 Points
Hot Stone Therapy	60min	R 580	4 Points
Indian Head Massage	25min	R 240	2 Points

Steam Room Sessions

Per Session	30min	R 80	1 Point
Hydro bath (Single)	30min	R 110	1 Point
Hydro bath (Couples)	30min	R 180	2 Points

Tinting & Hair Removal

Eyebrow Shape	15min	R 80	1 Point
Eyeshadow Tint	20min	R 100	1 Point
Eyebrow Tint	15min	R 80	1 Point
Full Leg Wax	45min	R 240	2 Points
Half Leg Wax	30min	R 175	2 Points
Bikini or Under Arm Wax	30min	R 175	2 Points
Lip Wax	15min	R 85	1 Point
Chin Wax	15min	R 85	1 Point

Men's Corner

Men's Facial	45min	R 310	2 Points
Sports Facial	60min	R 410	3 Points
Sports Pedicure	60min	R 330	2 Points
Sports Full Body Massage	60min	R 480	3 Points

Prices are subject to change

To make a Points booking please call: 0861 THC RES / 0861 842 737

*Please note that The Holiday Club discounts are off the cash rates only, not Points.

Signature Treatments

Absolute Body Bliss 110min R 770 5 Points
Relaxing massage with a classic facial & scalp massage

Body Bliss Taster 70min R 510 3 Points
Relaxing back massage combined with a basic facial, neck & scalp massage

Body Bliss Packages

Ultimate Bliss 185min R 1270 8 Points
Steam session, detox body wrap, foot massage, hot stone therapy massage and a classic facial

Revitalise 165min R 1100 7 Points
Steam session, salt wrap, scalp massage, body massage and a basic facial

Soothes 45min R 300 2 Points
Steam session, back & shoulder massage

De-stress 80min R 550 4 Points
Steam session, massage and a facial

Unwind 70min R 530 4 Points
Steam session, back, neck & shoulder massage and a foot massage

Happy Feet 80min R 380 3 Points
Steam session and a spa pedicure

Junior Bliss Packages

Mini Hand Massage 25min R 130 1 Point

Playful Mani 30min R 170 1 Point

Toe Tickling Feet Fun 25min R 130 1 Point

Playful Pedi 30min R 170 1 Point

Junior Head, Neck and Shoulder Massage 20min R 145 1 Point

Junior Bliss treatments are designed specifically for children aged between 5 - 16 years. Parental supervision is required for the duration of the treatment.

Above rates display normal spa rates. Members of The Holiday Club get automatic discounts as per below*

Classic Members:	5%	Exclusive Members:	10%
Select Members:	5%	Prestige Members:	15%
Advantage Members:	10%	Optimum Members:	15%



Contact Details
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www.bodybliss.co.za



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 sauna, steam room or jacuzzi (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.