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Found within the picturesque Lanseria Country Estate is a little sanctuary – our onsite spa. Here you will find relaxation and pampering. A place for you to find solitude and peace, a place for couples to reconnect and for friends to gather and share a laugh. Enjoy a complimentary craft gin with your massage treatment and make your experience one to remember! Under 18's and those who would rather not partake in the gin will be offered an alternate beverage.

MASSAGES

The GinSpa is unique in that we integrate the botanicals found in our craft gins, into all of our massage treatments. We do this by choosing an essential oil that matches the aroma of the dominant botanical found in each of our 6 Craft Gins. So you choose your favourite gin and we will match your massage as follows;

TREATMENT NAME	DURATION	CHILDREN <12	RATE PER PERSON	RATE PER COUPLE	DESCRIPTION	PRODUCT USED
BUSHWILLOW Cumin & Sandalwood Essential Oil MARULA Marula Essential Oil WILD CUCUMBER Bergamot and Rose Essential Oil ALCHEMIST Lemon and Orange Essential Oil INDIGO Lavender Essential Oil PINK LADY Vanilla & Grapefruit Essential Oil						
Full Body Aromatherapy Massage	1 Hr	R350	R580	R1 310	Aromatherapy Massage is a Swedish Massage Therapy using massage oil that contains essential oils (highly concentrated plant oils) During this massage, you inhale these essential oil molecules, absorb them through your skin. They are thought to promote beneficial changes in your mind and body by affecting the limbic system, a region of the brain known to influence the nervous system.	Unfragranced Massage Oil infused with essential oils to compliment your choice of gin
Full Body Hot Stones Massage	1 Hr	R350	R580	R1 310	Hot Stone Massage is a type of massage therapy that involves the use of smooth, heated stones. The massage Therapist places the Hot Stones on specific points of your body and also hold the stones while giving the massage. The localized heat and weight of the stones warm and relax muscles, allowing the massage therapist to apply deeper pressure to those areas without causing discomfort	
Full Body Swedish Massage	1 Hr	R350	R580	R1 310	As the best known type of massage, one of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart.	
Deep Tissue Massage	1 Hr	n/a	R635	R1 410	Deep Tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and the connective tissue surrounding muscles. It's used for chronic aches and pain contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness and sore shoulders	
Sports Massage	1 Hr	R400	R635	R1 410	Sports Massage is geared toward participants in athletics. It is used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes to recover from workouts and injuries	
Back, Neck & Shoulders Massage	30 Min	R200	R330	R820	Release tension with a back, neck & shoulder massage. This massage is great for tense shoulders, back pain, to reduce stress and relieve pinched nerves	
Indian Head Massage	30 Min	R180	R305	R690	Indian Head Massage is an ancient therapeutic treatment. Indian Head Massage focuses on your head, neck and shoulders and improve scalp and hair condition. It is a deep massage using a variety of pressure and techniques, including circular massage strokes on your scalp, deep tissue work on your shoulders, and stretching the neck	


FACIAL TREATMENTS

TREATMENT NAME	DURATION	CHILDREN <12	RATE PER PERSON	RATE PER COUPLE	DESCRIPTION	PRODUCT USED
Deep Cleanse Facial	1 Hr	R300	R440	n/a	Deep Cleansing facial is an exfoliating treatment that helps your skin go free from dead skin cells and other impurities. It targets problems like fine lines, dehydration and breakouts. The Process includes cleansing, steam, extractions, facial massage and facial mask	
Pampering Facial	1 Hr	R210	R330	n/a	This facial leave your skin feeling smooth and revitalized and looking radiant too. The process includes cleanse, exfoliate, gentle steam, massage and mask. It also includes a quick Neck and Shoulders Massage	
Express Facial	30 Min	n/a	R270	n/a	Express Facial - for those on the go who want to brighten and clarify their skin tone. This quick but thorough facial includes cleansing, toning, exfoliation and a skin cream	

BODY TREATMENTS

TREATMENT NAME	DURATION	CHILDREN <12	RATE PER PERSON	RATE PER COUPLE	DESCRIPTION	PRODUCT USED
Full Body Exfoliation	30 Min	n/a	R275	n/a	A Body scrub exfoliates the skin on your body leaving it feeling fresh, smooth, moisturised and soft.	
Body Wrap	30 Min	n/a	R275	n/a	An abrasive product is rubbed vigorously, and massaged across and into your skin, and is then rinsed away to reveal a moisturised layer of fresh, clean and smooth skin	
Body Exfoliation & Wrap Combo	1 Hr	n/a	R500	n/a	A Body wrap enhance the health and appearance of skin, and reduce body measurements. A nourishing cream is applied to the limbs and torso before they are covered	

NAIL TREATMENTS

TREATMENT NAME	DURATION	CHILDREN <12	RATE PER PERSON	RATE PER COUPLE	DESCRIPTION	PRODUCT USED
Manicure OR Pedicure (Normal cutex)	45 Min	R175	R275	R630	The therapist soak your hands/feet in warm soapy water to soothe and soften dead skin cells. Your fingernails are cleaned, clipped and filed. The nail technician moisturizes your hands/feet and polishes your nails with a base coat, a main coat and top coat	 <p>JESSICA</p>
Manicure OR Pedicure (Normal cutex) with paraffin wax	1 Hr	R210	R330	R760	The therapist soak your hands/feet in warm soapy water to soothe and soften dead skin cells. Your fingernails are cleaned, clipped and filed. Hands/Feet are submerged in the wax, wrapped in plastic and left to soak for 15 Minutes. The nail technician moisturizes your hands/feet and polishes your nails with a base coat, a main coat and top coat	
Manicure and Pedicure (Normal Cutex) Combo	90 Min	R300	R500	R1 150		
Gel Manicure and Pedicure	1 Hr	R210	R400	n/a	Just like in a regular manicure, cuticles are pushed back and nails are filed. Nails are also buffed so the gel adheres more strongly. Next a coat of gel base is applied to each nail with 30 seconds of drying time under a UV light in between. The colour is applied and allowed to dry again for 30 seconds. Finally, the top coat is applied and also allowed to dry for 30 seconds	
Feet Massage	30 Min	R175	R275	R630	Foot massage improves circulation, stimulates muscles, reduces tension and often eases pain	
Reflexology	30 Min	R200	R310	R720	Reflexology is the application of appropriate pressure to specific points and areas on the feet. These reflex points correspond to different body organs and systems, and pressing them creates real benefits for your health	
Hand Massage	30 Min	R140	R220	R500	A hand massage is a form of reflexology in which parts of the hands are rubbed with the fingers and knuckles with the intent of stimulating nerve endings for various organs to be present in the hands	
File and Paint	20 Min	R85	R130	n/a		
Soak Off	30 Min	R70	R110	n/a		

PACKAGES

TREATMENT NAME	DURATION	CHILDREN <12	RATE PER PERSON	RATE PER COUPLE
Full Body Massage with Manicure and Pedicure	2 Hrs	n/a	R880	R1 910
Full Body Hot Stone Massage, Pedicure with paraffin wax and Indian Head Massage	2 Hrs	n/a	R930	R2 010
Full Body Massage, Full Body Exfoliation, Facial & Pedicure	3 Hrs	n/a	R1 130	R2 410
Back, Neck & Shoulders Hot Stones Massage with Manicure and Pedicure	90 Min	n/a	R680	R1 310
Back Exfoliation with Massage	1 Hr	n/a	R480	R1 110
Kiddies Manicure, Pedicure & Back Massage	3 Hrs	R330	n/a	n/a