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*We invite you to embark on our wellness journey and discover a profound peace within. A safe place of tranquillity in the sanctuary of Spa@Bundox, located in the heart of the Lowveld.*

*We believe in continuous nourishment, protection and harmony of the self, inspiring each guest in the pursuit of vitality and total mind and body rejuvenation during their time with us.*

*This balance can only be found through the holistic care of all aspects of being - body, mind and spirit. Inspired by Healing Earth we have created signature treatments that reflect the powerful natural plants, herbs and oils used.*

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## **DESTRESS BACK, NECK AND SHOULDER MASSAGE**

*30 min R480 / 45 min R600*

Enjoy a destressing massage that focuses on tension in the shoulders, lower back and neck to give you a full sense of release



## **TRADITIONAL SWEDISH MASSAGE**

*60 min R840 / 90 min R960*

Focused on the entire body with essential oils and massage techniques to leave you relaxed and balanced

## **DEEP TISSUE MASSAGE**

*60min R900 / 90 min R1 080*

Relieve deep muscle tension and promote relaxation with a full body signature massage. A deep releasing massage focused on pressure points and aching muscles

## **ESSENTIAL AROMA MASSAGE**

*60 min R840 / 90 min R960*

Choose your perfect combination of Healing Earth Pinotage oils to suit your massage experience

Choose from: Pinotage Relaxing Oil, Pinotage Detox Oil, Pinotage Hydrating Oil or Pinotage Uplifting Oil

## **HOT STONE MASSAGE**

*60 min R960 / 90 min R1 140*

The weight and radiant heat of the volcanic stones combined with calming essential oils, penetrate muscle tissue inducing deep relaxation

## **AFRICAN HEAD MASSAGE**

*30 min R540*

Indulge in a calming head massage that focuses on pressure points surrounding the scalp, neck and face

## **HAND AND FOOT PRINT CEREMONY**

*30 min R540*

The ultimate hand and foot ritual with Healing Earths Essential Oils and Body Polishes

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## **WELLNESS ETIQUETTE**

- Please arrive 5 minutes early to allow yourself time for a consultation and to check in and change. 12 hour advance notice is required for cancellation, after which 25% of the treatment cost will be charged. We will however assist in rescheduling your treatment times wherever possible. In the case of late arrivals, treatment duration will be reduced accordingly.
- Please be sure to inform your therapist of any known allergies or current illnesses that you may have.
- Please note that making use of the Spa facility is done so at own risk.