



LIST OF THERAPIES

THE GARONGA INDULGENCE EXPERIENCE

The feet are wrapped with peppermint & pine cloths to stimulate the circulation and energize & regenerate the feet. This is followed by a 30 min relaxing **back, neck & shoulder massage**, making use of aromatherapy oils & hot stones to relax the muscles, whilst incorporating hands-free massage techniques to target the specific muscle groups, a 15 min **foot massage** or a **scalp massage** of your choice follows. The treatment is ended off with lymph drainage techniques and shiatsu pressure points on the face making use of cooled marble stones leaving the skin feeling cooled and revitalized.

TRANQUIL FEET

An invigorating **reflexology** treatment done on the feet, making use of the reflex points to balance and calm the different systems of the body, leaving you to feel energized, detoxified and uplifted. It is a 45 min treatment which consists of a 5 min relaxing foot soak and scrub, 30 min of reflexology and a 10 min tranquilizing foot massage.

BLISSFUL HEAD MASSAGE

A 45 min treatment consisting of a 10 min peacefully stimulating shoulder massage ridding all the tension from the shoulders, followed by a 30 min blissful scalp massage making use of various aromatherapy oils to nourish and feed the scalp, ending off with pressure point and lymph drainage movements on the face making use of cooled marble stones leaving you to feel recharged.

AROMATHERAPY FULL BODY MASSAGE

This is a peaceful and relaxing massage making use of only aromatherapy oils which penetrates the blood stream. It is not a powerful massage which works hard on the muscles, but it allows you to completely switch off, relax and enjoy. (1 hour Treatment)

MANUAL LYMPHDRAINAGE MASSAGE (Vodder Technique)

This is a very superficial and soft massage, making use of circular, semi-circular, spiral and drainage movements to work on the lymphatic system, while at the same time, stimulating the parasympathetic nervous system, which is the centre for ultimate relaxation. The lymph is moved towards the various lymph nodes, situated throughout the body. This massage is excellent for water retention, sluggish circulation and a slow metabolism; it also gives your immune system a tremendous boost, leaving you to feel uplifted, rejuvenated and relaxed. (45 min Treatment)

COMFORTING FACIAL MASSAGE

A soothing facial massage, making use of an aromatherapy blend cream to relax the facial muscles and stimulate lymphatic drainage, and to encourage and improve cellular regeneration of the face. This massage is an absolutely blissful experience leaving your skin feeling soft and rejuvenated. (30 min Treatment)

These are the basic treatments available, but you are also welcome to choose a combination of any of the above. A combination treatment will usually last an hour and is made up of two 30 min sessions

We use a variety of aromatherapy oils, blended with a carrier oil for our various massages, as well as the MOYA range of products.

TREATMENT COSTS

30 MIN = R 210

45 MIN = R 360

1 HOUR = R 425