

GUINOT SPECIALISED TREATMENTS

Aromatic Facial **60 min** **R 320**

A customized treatment prepared especially by the skin care therapist to suite your needs. Extremely rich in active ingredients, plants provide a source of energizing and essential oils that have a soothing effect, smell delightful and provide astonishing results for the skin.

* * *

Hydradermie **75 min** **R 380**

This is Guinot's star treatment which uses galvanic (for deep penetration of active ingredients in the gels used, moisturisation, deep cleansing and desensitisation) and high frequency current (for oxygenation, purification, and healing with its anti-bacterial effect).

* * *

Hydradermie men **75 min** **R 380**

The Hydradermie Tres Homme (men's) facial is an exclusive treatment which regenerates, rejuvenates, and restores tone to men's skin in just one hour, using the specifically designed men's ionizing energizing gel.

* * *

Hydradermie Lift **75 min** **R 400**

The Hydradermie Lift is an exceptional treatment whereby we use an electrical current. Firstly to stimulate the lymphatic circulation and secondly to build the subcutaneous volume of the muscle, thereby redefining the contours of the face and creating a "lifting" effect.

* * *

Hydradermie Eye Lift **45 min** **R 200**

This treatment is especially designed for the delicate area around the eyes, where, in the first phase we do a series of drainage movements to stimulate the lymphatic circulation and help with effective toxin elimination. The second phase of the treatment is a series of movements that will work on the subcutaneous volume of the muscle thereby redefining the contours of the eye area.

* * *

Beaute Neuve **60 min** **R 380**

The renewing peeling treatment. The gentle fruit acids recreate a new skin that radiates beauty. The peeling effect lightens brown spots and enhances the complexion. The treatment removes the superfluous cells and helps the skin to breathe again. Cellular renewal is accelerated and you will discover a fresh complexion, more beautiful, more radiant.

* * *

Liftosome **60 min** **R 400**

This is our anti ageing and firming treatment, where we combine a precious cocktail of vitamins (E, C, and F). They penetrate right to the heart of the epidermis, to invigorate cellular function and help restore elasticity. This is followed by a special thermal mask containing Orange and Ginseng Extract to help tone and "lift" the features. Ideal for all skin types, working miracles on tired and lifeless skin.

RÉGIM A

SKIN TREATMENTS

Deep Cleanse Facial	60 min	R 180
Hydrating Facial	60 min	R 260

A therapeutic alternative to harsh chemical peels and skin resurfacing. It is potent, yet gentle and safe, delivering powerful results.

*A course of peels is recommended. **

20% Peel	60 min	R 275
40% Peel	60 min	R 375
70% Peel	60 min	R 475

*Buy a course of 6 peels and get 10% discount

* * *

GENERAL TREATMENTS

GENERAL FACIAL TREATMENTS

Lash Tint	15 min	R 30
Brow Tint	15 min	R 30
Lash & Brow Tint	25 min	R 55

* * *

WAXING

Half Leg	30 min	R 85
3/4 Leg	45 min	R 100
Full Leg	60 min	R 115
Bikini Line	30 min	R 60
Chest	30 min	R 100
Back	40 min	R 120
Arms (Half)	20 min	R 60
(Full)	30 min	R 75
Underarm	20 min	R 50
Brow Shaping/ Lip or Chin	20 min	R 35
Full face	30 min	R 95

* * *

HANDS & FEET

File and Paint	30 min	R 60
Manicure	60 min	R 120
Paraffin Manicure	90 min	R 150
Pedicure	60 min	R 160
Paraffin Pedicure	90 min	R 190

* * *

OPI ACRYLIC

Full Set	90 min	R 250
2 Week Fill	75 min	R 120
3 Week Fill	75 min	R 160
Acrylic Overlay	90 min	R 200
Soak Off	45 min	R 50
Single Nail	15 min	R 30

MASSAGE TREATMENTS

Swedish Back, Neck & Shoulder	30 min	R 120
Swedish Full Body	60 min	R 220

Medium to deep pressure is applied, including five different massage movements performed by the hands. The various movements exerted either individually or in combination, affect the skin, muscle, blood vessels, lymphatic system, nerves and some of the internal organs, depending on the position and pressure of the movements involved.

Hot Stone Back, Neck & Shoulder	30 min	R 150
Hot Stone Full Body	60 min	R 250

Hot basalt/lava stones are used to massage, the client can request light, medium or deep pressure, which is the beauty of the hot stone massage. This specialized treatment is deeply relaxing due to the fact that 'heat is healing' and when you have a hot stone therapy treatment the emanating heat from the stones is gently, yet continually penetrating into your muscle fibers and literally melting away layers of tension.

African Rungu Back, Neck & Shoulder	30 min	R 150
African Rungu Full Body	60 min	R 250

A deep tissue massage using the "African Rungu". The Rungu is used by the ancient Masai people as fighting weapon. The Rungu carved from Eucalyptus wood is used in long slow movements over the body, to create a stimulating massage.

Aromatherapy Back, Neck & Shoulder	30 min	R 150
Aromatherapy Full Body	60 min	R 250

Aromatherapy is the application of essential oils in order to heal, calm and energize the human body. The materials used are pure essential oils, extracted from plants, which have an implicit "Life Force" whose action cannot be reproduced by synthetic chemicals. Aromatherapy is a HOLISTIC therapy, as we take the body's immune system and restoring the harmony between mind and body.

Holistic Head	30 min	R 130
----------------------	---------------	--------------

Holistic head massage is a scalp massage performed with the hands on the scalp. It is performed by applying various oils, for general balancing of the physical and mental well being of an individual. It also improves the condition for the hair and scalp. It is a very relaxing massage, which has been performed for thousands of years originating from India.

