



Wellness Menu – 2017



Body Treatments	Rates in Rand
African Rock Signature – Hot Stone and Soy Lite Candle	840
Aromatherapy Massage	840
Massage (½ hour) - Back, Neck & Shoulder	480
Massage (45min) - Back, Neck & Shoulder	600
Massage (1 Hour) - Back, Neck & Shoulder	680
Hot Stone Massage – Full Body	840
Hot Stone Massage – Back, Neck & Shoulders	580
Reflexology - (½ hour)	440
Reflexology - (45min)	600
Reflexology - (1 Hour)	840
Indian Head Massage (½ hour)	380
Swedish Full Body Massage	840
Sports Massage (1/2 Hour)	400
Sports Massage (1 Hour)	600



Facials	Rates in Rand
Facial (1 Hour) – Classic	550
Post Flight Rehydrating Facial (1Hour)	580
Post Safari Nourishing Facial incl Alginate masque (1 Hour)	850
Hot Stone Facial (1 Hour)	580
Head to Toe Treat Facial (1 Hour)	580
Fast Facial (½ hour)	380

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Option - Add Special mask Price on application
 Masque Alginate (add on) 150

For bookings, please contact: res@arhotels.co.za

Hands and Feet	Rates in Rand
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Manicure – (½ hour)	220
Manicure – (1 hour)	300
Pedicure – (½ hour)	250
Pedicure – (1 hour)	330
Manicure & Pedicure	610
Paraffin Manicure	350
Paraffin Pedicure	380
Paraffin Manicure & Pedicure	680
Repaint	100
Paraffin Dip	60



Waxing	Rates in Rand
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Brow	80
Cheeks	100
Lip	80
Chin	80
Bikini	150
Full Bikini – Brazilian (Line)	195
Hollywood (all off)	280
Half Leg	180
Full Leg	220
Back or Chest (each)	250
Under-Arm	120
Half Arm	140
Full Arm	220

Tinting

Brow	90
Lash	110
Brow and lash	190

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